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Tuesday



**FALL TV PREVIEW**

**The blah 'Pan Am'** lands in the middle of a crop of new shows **31**

**'UNBELIEVABLE'**

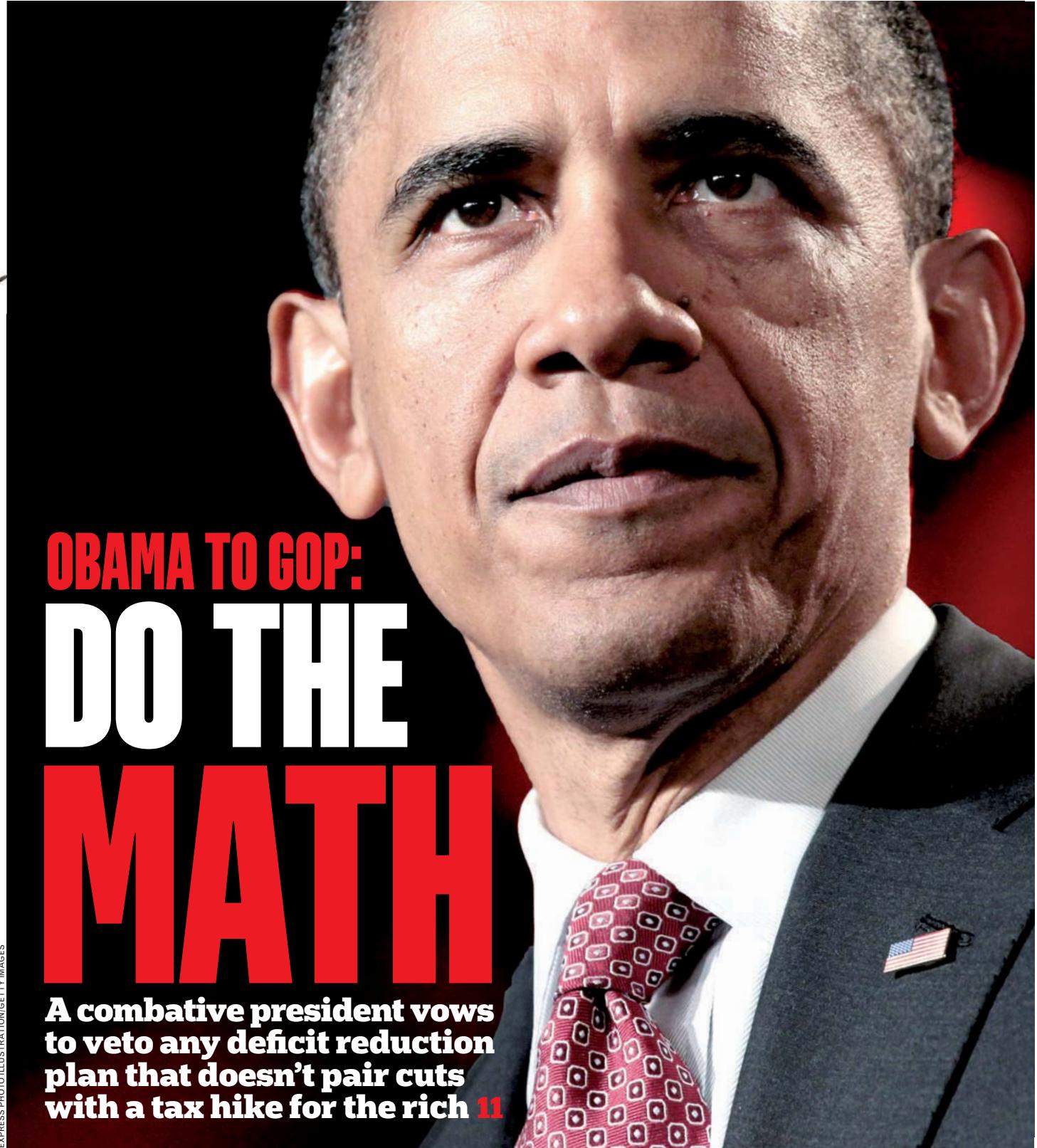
**Yemeni protesters** seize a military base amid a crackdown **8**

**QWIK FIX?**

**Taking a big risk,** Netflix splits up its mail and streaming services **3**

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SEPTEMBER 20, 2011 | A PUBLICATION OF **The Washington Post** | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**



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## ANNOYING TRENDS

**Please Stop Trying to Make 'Urban Chickens' Happen**

A couple of urban chickens have gone home to roost at an upstate New York farm. Sleep-deprived neighbors had complained about early wake-up calls from Napoleon and Caesar. The roosters have now been evicted from a Lower East Side community garden. The roosters didn't seem to object to the move. (AP)

**"Airport staff were surprised when I said it is good for you and I ate it for breakfast. They then waved me through."**

— AUSTRALIAN FOREIGN MINISTER KEVIN RUDD WAS STOPPED THIS WEEKEND BY U.S. CUSTOMS OFFICIALS WHO DID NOT RECOGNIZE THE STRANGE BLACK PASTE HE WAS CARRYING. IT WAS VEGEMITE, A SAVORY SPREAD MADE FROM YEAST EXTRACT. FANS EAT IT ON TOAST.

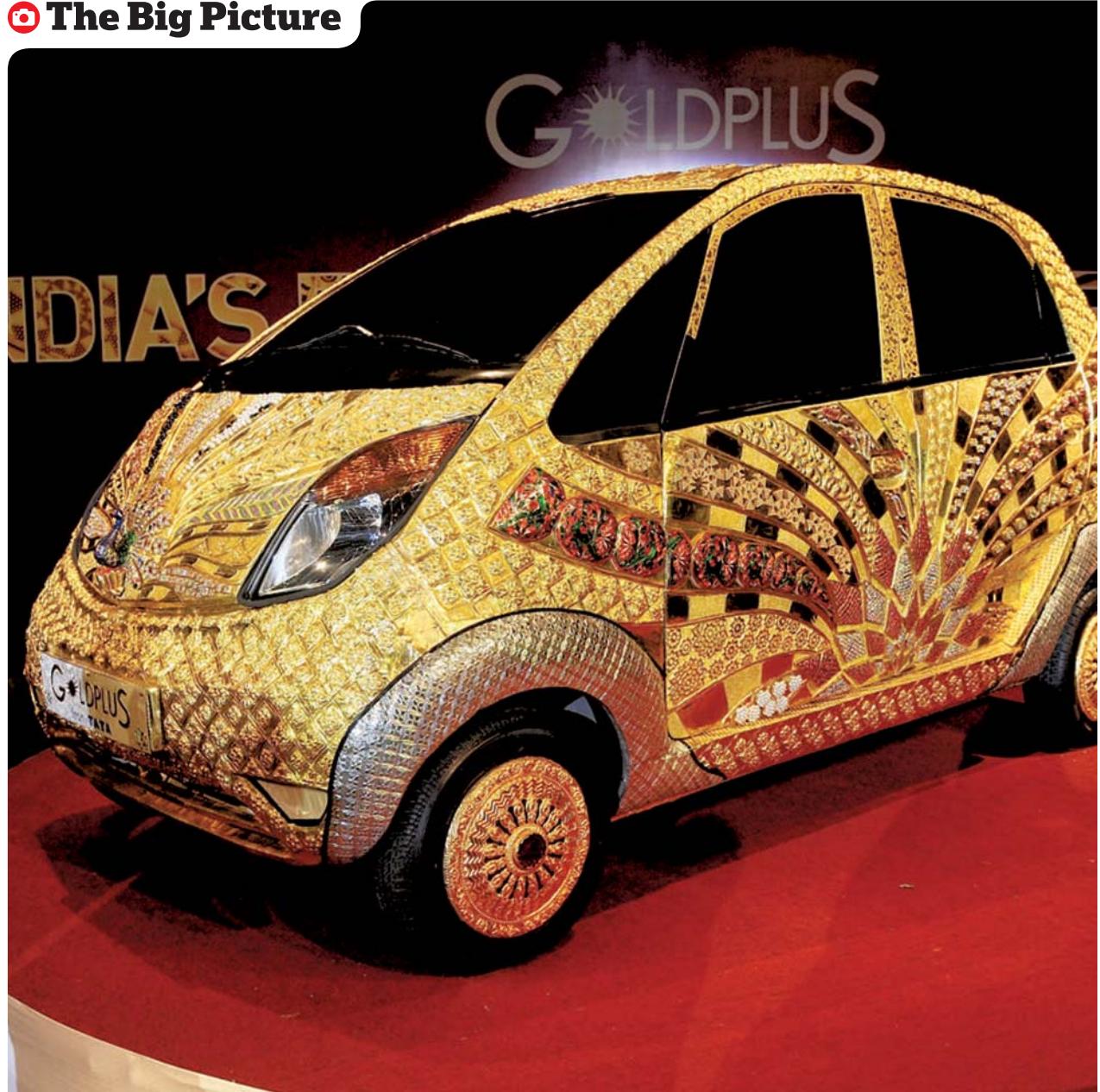
## SPEED

**He Was Going Almost 1 MPH!**

An Ohioville, Pa., man faces charges that he assaulted a police officer after he was arrested on drunken-driving charges — aboard a lawn tractor. Police encountered Grove on the tractor driving down the middle of the road Thursday afternoon. A coffee mug sitting on the tractor contained beer. Police arrested Grove, who then kicked an officer. (AP)

© **The Big Picture**

PUNIT PARANJPE/AFP/GETTY IMAGES



**BUT DOES IT HAVE AN IPOD CONNECTOR?** A Tata Motors "Nano" car customized with gold, silver and gemstone trimmings was unveiled in Mumbai, India, on Monday. Tata claims the car is made from 176 pounds of 22-karat gold, 33 pounds of silver and an unspecified amount of gemstones. (GETTY)

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# Netflix Reworks DVD Renting

Mail-order plan to be separate from online video streaming

## New York

Netflix Inc. is separating its DVD-by-mail business from the online movie streaming service it sees as the future of entertainment consumption.

In announcing the changes, CEO Reed Hastings also apologized to subscribers for the way the company communicated its decision to split the two services, which raised prices for those who want both.

The mail-order plan will be renamed "Qwikster." In a few weeks, Netflix subscribers who want to get DVDs by mail will go to a separate website to access Qwikster. The streaming business will continue to be called Netflix.

Members who subscribe to both services will have two entries on their credit card statements. Instead of Netflix, the distinctive red envelopes that end up in customers' mailboxes will now say Qwikster.

It's a risky gamble. The amount of streaming content the company



Hastings

## Cutting Through the Confusion

**Will Qwikster know my preferences based on how I've rated movies on Netflix, and vice versa?** No, the company says reviews and ratings made on one site won't show up on the other.

**Will I need to sign up for the services separately?** If you currently get DVDs by mail, Netflix will set you up with a Qwikster account by default.

**When do the changes go into effect?** They started taking effect this month for current subscribers, and everyone will be switched over by the end of the month. New customers started choosing from the new plans in July. Netflix says the change to the "Qwikster" brand will happen in the next few weeks.

**Will the two services cost more than before?** Yes, Netflix announced earlier this summer that it will be charging separately for the streaming and DVD options. The streaming will cost \$8 per month, and the DVDs by mail will start at \$8 for one DVD out at a time. (AP)



**"Our view is with this split ... we will be better at streaming, and we will be better at DVD by mail."**

— NETFLIX CEO REED HASTINGS, ANNOUNCING THE COMPANY'S CHANGES IN A BLOG POST SUNDAY EVENING.

ny offers is still far less than the number of DVDs in its catalog. And competition — from Hulu, Amazon, Coinstar's Redbox kiosks and other services — is growing. Netflix could even alienate customers further by asking them to now deal with two separate websites and accounts instead of just one.

Hastings apologized for the way the company communicated the price changes but not for the price hike itself. "I messed up," the CEO wrote in a blog post Sunday night that was also emailed to subscribers.

Hastings said the DVD service will be the same as ever, "just a new name." But customers will see a video games upgrade option for game rentals on the Qwikster website. Hastings also said Netflix will add "substantial" streaming content in the next few months.

BARBARA ORTUTAY (AP)

## In Brief

### CAMP PENDLETON, CALIF.

#### Marine Corps: 2 Killed In Cobra Copter Crash

The Marine Corps says two crew members were killed in a helicopter crash in a training area at Camp Pendleton in Southern California Monday. A Marine statement says an AH-1 Cobra belonging to the 3rd Marine Aircraft Wing went down at about 1 p.m. A fire was burning at the site in the southeast corner of the base, near the community of Fallbrook, and firefighters were working to contain it. (AP)

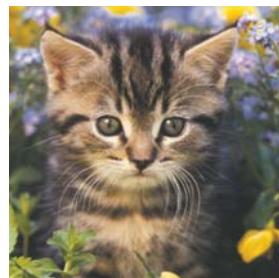
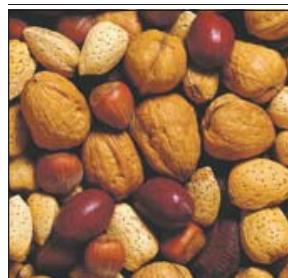
### LAKELAND, FLA.

#### Court Records: Shooting Suspect Killed Ex-Wife

Jeremiah Fogle, 57, the man accused of killing his wife and then shooting two church pastors, had been sentenced to probation for killing a previous wife years earlier, according to court records. Fogle was charged with murder and attempted murder after Sunday's shootings. During a hearing Monday, he was ordered held without bond. (AP)

**6%**

The amount by which violent crime dropped in the United States in 2010, marking the fourth-straight year-to-year decline, the FBI reported Monday. (AP)



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# Nation

## Report: Illness Tracking is Faulty

Real-time infection information would improve patient care

### Washington

The doctor doesn't think your sore throat is bad enough yet to order a strep test — unaware that a dozen people across town were diagnosed

with strep throat just last week.

Doctors rarely know what bugs are brewing in the neighborhood until their own waiting rooms start to fill. Harvard University researchers report Monday that getting them real-time information on nearby infections could improve patient care — for strep throat alone, potentially helping tens of thousands avoid either a

delayed diagnosis or getting antibiotics they didn't need.

Today, hundreds of hospitals, clinics and health departments report certain symptoms and diagnoses to the government. Biosurveillance tracks the spread of flu, detects the latest whooping cough outbreak, and watches for weird symptoms that might signal a brand-new disease or even bioterrorism.

### Meanwhile ...

**The vaccine against whooping cough falters** after only about three years, a study suggests, adding support to school rules requiring kids get the vaccination periodically. It may help explain why many fully immunized children got whooping cough in the recent outbreaks. (AP)

But there's no easy way for doctors to learn what their colleagues nearby are diagnosing. Instead, they often call the health department as they puzzle over a patient's symptoms, says Dr. Alfred DeMaria of the Massachusetts Department of Public Health.

Giving doctors a fast, ongoing snapshot of disease "would be very helpful," says DeMaria, who wasn't involved in the research. "The key is to make the system entirely automated and real-time."

LAURAN NEERGAARD (AP)

## Creator of 'Ziggy' Strip Dies at 80

### Cleveland

The creator of hard-luck comic strip character Ziggy has died. Tom Wilson Sr. was 80.

Spokesman Josh Peres with Universal Uclick, formerly known as Universal Press Syndicate, says Wilson died Friday after a long illness. Wilson's son, Tom Wilson Jr., who has produced the panel



Wilson Sr.

since 1987, says his father died of pneumonia.

"Ziggy" was launched in 15 newspapers in 1971 and now appears in more than 500 daily and Sunday newspapers. It also has appeared in books, calendars and cards. (AP)

### Hearsay

**"No one should be left with the impression that we are unprepared. We are prepared for repeal."**

— PENTAGON PRESS SECRETARY GEORGE LITTLE, NOTING MONDAY THAT THE MILITARY IS PREPARED FOR THE END OF "DON'T ASK, DON'T TELL," UNDER WHICH GAYS WERE ALLOWED TO SERVE AS LONG AS THEY DIDN'T OPENLY ACKNOWLEDGE THEIR SEXUAL ORIENTATION. THE FORMAL REPEAL OF THE LAW IS SLATED TO HAPPEN TUESDAY.

## Reno Air Race Death Toll Grows to 10



PAUL SAKUMA/AP

### JODI HANDEL POINTS OUT A PLANE IN THE SKY

to grandson Cage Handel, 4, Monday at a memorial for victims of the Reno Air Races airplane crash in Reno, Nev. The death toll grew to 10 when an injured person died Sunday.

## Tentative Deal Made in S. Calif. Labor Talks

### Los Angeles

Union leaders said Monday they reached a tentative deal with some of Southern California's largest grocery chains that would head off the threat of a strike by more than 60,000 workers.

The deal, which must be approved by the union's membership, protects workers' health policies, United Food and Commercial Workers Local 324 president Fred Conger said. "We were successful in bargaining an agreement that grocery workers can be proud of," Conger said.

Members were set to vote on the deal Saturday. (AP)

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# Nation

# GOP Rivals Face a Perry Problem

Contenders struggle for a clear message against frontrunner

## Washington

Rick Perry's Republican rivals are struggling to find a coherent, easy-to-grasp argument against the Texas governor, who tops GOP presidential polls despite attacks from all sides.

In fact, it's the "all sides" nature that complicates the opposition's message. Republican voters who watched last week's presidential debate and its aftermath might

wonder: Should I see Perry as too conservative or too moderate?

Perry is the newest face in the GOP race and his opponents are determined to define him for primary voters, casting him as liberal, conservative and unelectable. They hope their characterizations of the front-runner take hold before he has a chance to sway opinions.

Mitt Romney depicts Perry's criticisms of Social Security as too far to the right. On immigration, however, Romney and other opponents say Perry veers too far left. The governor opposes a fence along the entire border with Mexico, and he granted in-state college tuition to illegal

### Defying Definition



**The anti-Rick Perry strategy forces voters to sort through subtleties and contradictory narratives.**

Fair or not, it's easier for people to grasp bold, unambiguous images of politicians as conservative or liberal, strong or weak, and so on. Overall, Perry's record is mostly conservative. But he's parted ways with his GOP base on a handful of issues, including immigration and the vaccine for the human papillomavirus. (AP)

immigrants in Texas.

Meanwhile, Minnesota Rep. Michele Bachmann says Perry is too lax about individual freedoms because he wanted Texas to vaccinate all schoolgirls against a sexually transmitted disease.

Terry Holt, a Washington-based GOP strategist, said Perry continues to do well because his opponents' criticisms are missing a broader point: His image as a bold, honest, can-do leader.

"It's a bit too tactical, and it ignores the larger imperative: Can you be an alternative to the vision Barack Obama offers?" Holt said.

CHARLES BABINGTON (AP)



### REINVENTIONS

### A Better Burger?

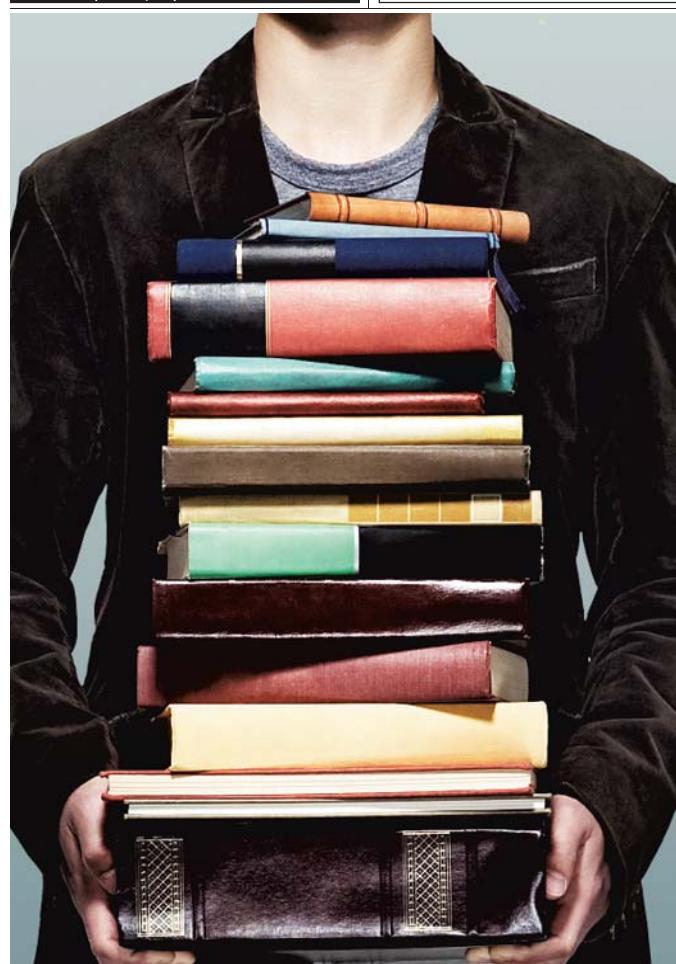
When Wendy's decided to remake its 42-year-old hamburger, the chain agonized over every detail. Project Gold Hamburger took more than two years, and on Monday the chain rolled out Dave's Hot 'N Juicy. The burger features extra cheese, a thicker beef patty, a buttered bun, red onions and crinkled pickles. (AP)

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# World

## Protesters Cite Gains in Yemen

Military base falls as violence surges amid fresh protests

### San'a, Yemen

Thousands of protesters backed by military defectors seized a base of the elite Republican Guards on Monday, weakening the control of Yemen's embattled president over this poor, fractured Arab nation. His forces fired on unarmed demonstrators elsewhere in the capital, killing scores, wounding hundreds and sparking international condemnation.

The protesters, joined by soldiers from the renegade 1st Armored Division, stormed the base without firing a single shot, according to witnesses and security officials.

Although the base was not particularly large — the Republican Guards have bigger ones in the capital and elsewhere in Yemen — its capture buoyed the protesters' spirits and signaled what could be the start of the collapse of President Ali Abdullah Saleh's 33-year-old regime.



Men carry a protester who was injured during clashes in San'a, Yemen, on Monday.

"It was unbelievable," said protester Ameen Ali Saleh of storming the base. "We acted like it was us who had the weapons, not the soldiers."

Saleh has resisted calls to resign. A final showdown may well pit the Republican Guards, led by Saleh's son and heir apparent Ahmed, against the elite soldiers of the 1st Armored Division and their tribal allies.

The Republican Guards and

the Special Forces, also led by the president's son, have long been thought to be the regime's last line of defense in the uprising.

The storming of the base capped two days of clashes in the capital that have left at least 50 people dead, including at least 23 on Monday, and nearly 1,000 injured.

The latest violence was born partly out of frustration after Saleh shattered hopes raised by the U.S. last week that he was about to

### Backstory



President Ali Abdullah Saleh of Yemen was once viewed by the U.S. as a key ally in the battle against al-Qaeda, but Washington has withdrawn its support. Saleh has been in Saudi Arabia for medical care since an attack in June. He has backed away three times from a power-transfer deal, though he has asked Vice President Abed Rabbo Mansour Hadi to negotiate a deal. Many think this move is a new delaying tactic. (AP)

resign. Monday's clashes coincided with diplomatic efforts in Yemen and in the Saudi capital of Riyadh aimed at resolving the crisis.

U.N. Secretary-General Ban Ki-moon condemned "the excessive use of force" against unarmed protesters, U.N. spokesman Martin Nesirky said.

Yemen's foreign minister, Abubakr al-Qirbi, rejected claims of excessive force by police and pro-government militia, accusing opposition groups of terrorism. (AP)

### In Brief

#### OSLO, NORWAY

#### Judge: Norway Shooter To Remain in Custody

Confessed mass killer Anders Behring Breivik, 32, was ordered to remain in pre-trial detention for eight weeks Monday as prosecutors prepare a formal indictment, a judge said. The 32-year-old right-wing extremist has confessed to setting off a bomb in Oslo and massacring dozens at an island youth camp outside the city, killing 77 people on July 22. (AP)

#### PARIS

#### Strauss-Kahn Accuser Threatens Lawsuit

French writer Tristain Banon, who alleges Dominique Strauss-Kahn tried to rape her during a 2003 interview, on Monday threatened to sue the former International Monetary Fund chief if Paris prosecutors decide not to pursue a criminal case against him. Strauss-Kahn on Sunday had dismissed the claims as "imaginary." (AP)

#### BUJUMBURA, BURUNDI

#### Attackers Kill 36 at Pub

Armed men from Congo burst into a pub in the tiny African nation of Burundi and killed 36 people, an official said Monday. Burundi, still reeling from a civil war that killed more than 250,000 people, is awash in weapons, but attacks like the one Sunday night are rare. (AP)

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**The settlement that Rupert Murdoch's company** has offered to the family of Milly Dowler, the slain teen whose phone was hacked by the now-defunct News of the World tabloid, British media reported Monday. News of the Dowler hacking by the News International paper set off a wide scandal in July. (AP)

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# World

## U.S. Jockeys to Halt Abbas' Bid

Leaders work to stall Palestinians' push for U.N. recognition

### New York

The U.S. pressed ahead Monday with intensive talks aimed at averting a showdown over Palestinian statehood at the United Nations this week, asking Turkey not to allow its rift with Israel to grow wider and hoping to coax cooperation from Russia.

As world leaders headed to New York for the annual U.N. General Assembly session, which opens Wednesday, Secretary of State Hillary Clinton met her Turkish counterpart and was to see Russian Foreign Minister Sergey Lavrov.

Clinton encouraged Turkish Foreign Minister Ahmet Davutoglu to repair strained ties with Israel and play a positive role in resolving the Palestinian issue, a U.S. official said.



### Meanwhile ...

**Palestinian President Mahmoud Abbas**, left, on Monday informed U.N. Secretary-General Ban Ki-Moon of the Palestinians' plan to seek full U.N. membership on Friday, the first step toward a declaration of statehood. A candidate for U.N. membership must submit a letter stating it is a "peace-loving" state and accepts the U.N. Charter. Ban is expected to send the letter to the U.N. Security Council for approval. (AP)

Turkey has suspended military ties with Israel, expelled top Israeli diplomats and threatened additional actions unless the Jewish state apologizes for last year's deadly raid on a Turkish aid flotilla.

President Obama is scheduled to meet Tuesday with Turkish Prime Minister Recep Tayyip Erdogan in New York, and a bipartisan group of senators in a letter urged Obama to "send a strong message that the U.S. will forever remain committed to Israel's security."

The pressure from the U.S. was matched by feverish efforts to offer

the Palestinians a viable plan forward. Envoys from the Quartet of Mideast peacemakers — the U.S., U.N., European Union and Russia — were planning to meet for a second-straight day in New York.

The diplomacy happened as Abbas arrived Monday in New York to take his case to the U.N. Security Council's 15 members, nine of whose support — and no vetoes — would be needed for passage.

The U.S., which views the Palestinian statehood plan as a roadblock to Mideast peace, has vowed to veto the measure. (AP)

### Nepal Picks Up After Earthquake



NIRANJAN SHRESTHA/AP

**A WOMAN CLEARS BRICKS THAT FELL** during Sunday's earthquake in Kathmandu, Nepal, on Monday. The magnitude-6.9 tremor damaged more than 100,000 homes in India, Nepal and Tibet, and killed at least 53 people. More than 6,000 rescue workers rushed to dig through mud slides triggered by the quake to reach stranded villagers, Indian officials said.

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# World

# Libyan Militias Amass Weapons

As groups plunder unguarded arsenals, global concerns grow

## Tripoli, Libya

At a huge weapons depot in the Libyan capital, flat-bed trucks line up to be piled with land mines, rockets and shells, before being driven off into the western mountains.

Less than a month after rebels captured Tripoli and forced long-time leader Moammar Gadhafi to flee, revolutionary militia groups are sweeping up any weapons they can find, often from weapons dumps left by Gadhafi's forces.

Some of the groups barely recognize the new civilian government, and rivalries are surfacing — developments that worry officials, civilians and rights groups.

"Until we have a national army,



## Gadhafi Stronghold Falls

**Revolutionary fighters** captured the airport and other parts of the southern desert city of Sabha, one of the last bastions of Moammar Gadhafi's forces, on Monday. A military spokesman said revolutionary forces control most of the city, whose capture would be a welcome victory for Libya's new rulers, who have struggled to rout loyalists a month after sweeping into Tripoli and forcing Gadhafi into hiding. However, a push in the north to capture Gadhafi's hometown of Sirte and the mountain enclave of Bani Walid has stalled. (AP)

this will pose a real security threat," said Noman Benotman, a former anti-Gadhafi militant who is now a senior analyst with the Quilliam think-tank in London.

The U.S. says the potential for Libya's arsenal to end up in the wrong hands is a serious concern. U.S. officials fear some of the thousands of unaccounted-for missiles could end up with al-Qaeda.

But a massive haul of explosives, much larger than the stockpiles left behind by Saddam Hussein that helped fuel the insurgency in Iraq, also poses a real risk.

"The mix of these unsecured warehouses, with a leader still on the run who has access to vast funds, and a proportion of the population still quite loyal to him, is a lethal one," said Peter Bouckaert

of Human Rights Watch, who said some weapons have found their way onto the international market.

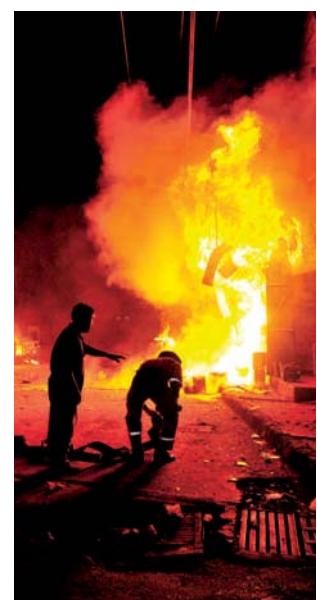
He warned that insecurity could spread across the already volatile northern African region.

In Misrata, commanders say they are protecting the freedoms they fought for during the uprising. Mohamed Benrasali, a member of Misrata's city council and of the team trying to stabilize Libya, said his city would not surrender its arms "until we have an elected parliament, and an elected government and an elected president." That could take up to two years.

"These groups do not recognize any authority or any control," a commander in Tripoli said. "These are areas which suffered a lot during the last few months of the regime, and now they think that whatever they do is justified."

SIMON DENYER (THE WASHINGTON POST)

## Bomb Ignites Market



AFP/GETTY IMAGES

**FIREFIGHTERS BATTLE A BLAZE** Monday in Peshawar, Pakistan, after a bomb exploded in a market, killing five people and wounding 35 others. Earlier Monday, a suicide bomber in Karachi killed eight senior Pakistani policemen.

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# Cover Story

# Obama Draws New Battle Lines

The president renews a partisan divide with a plan to raise taxes on the rich

## Washington

Setting a clear battle front for next year's elections, a combative President Obama on Monday demanded that the richest Americans pay higher taxes to help cut soaring U.S. deficits by more than \$3 trillion. He promised to veto any effort by congressional Republicans to cut Medicare benefits for the elderly without raising taxes as well.

"This is not class warfare. It's math," Obama declared, anticipating Republican criticism, which was quick in coming.

The president's proposal, which he challenged Congress to approve, would predominantly hit upper-income taxpayers and would also target tax loopholes and subsidies used by many larger corporations. It would spare retirees from any changes in Social Security, and it would direct most of the cuts in Medicare spending to health care providers, not beneficiaries.

Benefit programs wouldn't be unscathed. Obama's plan would reduce spending for those, including Medicare and Medicaid, by \$580 billion. But with Republicans calling for massive cuts in entitlement programs, Obama said he would veto any legislation that cut Medicare benefits with-

### Proposal

#### Delivery Decline

The U.S. Postal Service should be allowed to reduce mail delivery to five days a week to help cut its losses, President Obama said Monday. He endorsed dropping one delivery day, expected to be Saturday, and urged other changes in postal operations to cut costs. The Postal Service lost \$8.5 billion last year. (AP)



out raising new revenue.

The deficit-reduction plan represents Obama's longer-term follow-up to the \$447 billion in tax cuts and new public works spending that he has proposed as a short-term measure to stimulate the economy. The new proposal also inserts the president's voice into the legislative discussions of a joint congressional "supercommittee" charged with recommending deficit reductions of up to \$1.5 trillion.

Defending his emphasis on new taxes rather than only spending

### Obama's Plan

President Obama unveiled on Monday his plan for economic growth and debt reduction. Here is a look at some of the highlights in the proposal:

## \$1.5 trillion in new revenue

which would include about \$800 billion realized over 10 years from repealing the Bush-era tax rates for couples making more than \$250,000. It also would place limits on deductions for wealthy filers and end certain corporate loopholes and subsidies for oil and gas companies.

## \$580 billion in new cuts

in mandatory benefit programs, including \$248 billion in Medicare and \$72 billion in Medicaid and other health programs. Other mandatory benefit programs include farm subsidies and federal employee benefits. Administration officials said 90 percent of the \$248 billion in 10-year Medicare cuts would be squeezed from service providers. The plan shifts some additional costs to beneficiaries, but those changes would not start until 2017.

## \$430 billion in savings

from lower interest payments on the national debt.

## \$1 trillion in savings

from drawing down military forces in Iraq and Afghanistan. (AP)



**"I don't think I would describe class warfare as leadership."**

— HOUSE SPEAKER JOHN BOEHNER, ECHOING GOP CRITICISM ABOUT PRESIDENT OBAMA'S ECONOMIC PLAN.

### Health Law Fix

President Obama's new deficit plan would fix a \$14 billion glitch in his health care law. Unless the problem gets fixed, a million or more middle-class early retirees could get nearly free Medicaid coverage meant for the poor. The problem began after the health care law changed Medicaid rules so Social Security benefits would no longer count as income, as they do now. Because of the glitch, married early retirees making \$64,000 a year could qualify for Medicaid. (AP)

reductions, Obama said: "We can't just cut our way out of this hole."

His plan served as a sharp counterpoint to Republican lawmakers, who have insisted that tax increases should play no part in taming the nation's escalating national debt. Obama's plan would end Bush-era tax cuts for top earners and would limit their deductions.

In issuing his threat to veto any Medicare benefits that aren't paired with tax increases on upper-income people, Obama said: "I will not support any plan that puts all the burden for closing our deficit on ordinary Americans."

The Republican reaction was swift and derisive. "Veto threats, a massive tax hike, phantom savings, and punting on entitlement reform is not a recipe for economic or job growth or even meaningful deficit reduction," Senate Republican leader Mitch McConnell said in a statement. "The good news is that the Joint Committee is taking this issue far more seriously than the White House."

Obama's proposal comes amid Democratic demands that he take a tougher stance against Republicans. And while the plan stands little chance of passing Congress, its populist pitch is one that the White House believes the public can support.

"The president put down a marker today, and he did it in terms more forceful than we have seen from him before," said Sen. Chuck Schumer, D-N.Y. JIM KUHNHENN (AP)





# Could Metro Head to Woodbridge?

Regional leaders say system could be key to area infrastructure

## Transit

A panel of growth and transportation experts from the greater Washington region will be in Prince William County on Monday to discuss the possibility of bringing Metro to the community's eastern end.

Rep. Gerry Connolly, D-Va., and state and local officials will host the meeting, which will begin at 6:30 p.m. at Harbour View at 13200 Marina Way in Woodbridge, Va. Meeting attendees will have a

chance to meet with elected officials before the speaking program begins at 7 p.m.

Panelists for the evening will include Northern Virginia Transportation Commission Executive Director Richard Taube, Metropolitan Washington Council of Government Executive Director David Robertson and John McClain from George Mason University's Center for Regional Analysis.

Local and elected officials have toyed with the idea of bringing Metro to Woodbridge for several years. In January, Connolly reintroduced a bill that would authorize an analysis on and preliminary engineering for the extension

**"As our residents confront volatile gas prices and declining home values ... it is vital that we extend Metrorail in the busiest commuting corridors."**

— REP. GERRY CONNOLY, D-VA., ONE OF THE STATE AND LOCAL OFFICIALS SET TO DISCUSS ON MONDAY THE POSSIBILITY OF EXTENDING METRORAIL TO WOODBRIDGE, VA.

of Metro both south of the beltway to Woodbridge and west toward Centreville.

The bill has been referred to the subcommittee on highways and transit, according to Connolly's website.

"As our residents confront volatile gas prices and declining home values, particularly in suburbs

beyond the Metrorail system, it is vital that we extend Metrorail in the busiest commuting corridors," Connolly said in a letter to his colleagues in Congress.

"This action is critical to reduce transportation sector greenhouse gas emissions while giving commuters more transportation choices."

Prince William's population grew 40 percent in the last decade, topping more than 400,000 residents. And state and local officials said it has not stopped growing. Connolly said Metro could be a key component to the area's future infrastructure needs.

Connolly is actively seeking funds for a Metrorail feasibility study, officials with his office said. Prince William's comprehensive plan also addresses the need to study the extension of Metro to Woodbridge as part of the county's long-term land-use plan.

"We can either begin this discussion now and have a plan in place to handle the growth, or we can wait 20 years and regret that we did not act when we had the opportunity," Connolly said.

JENNIFER BUSKE (THE WASHINGTON POST)

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# Shaking the '9/11 Mosque' Stigma

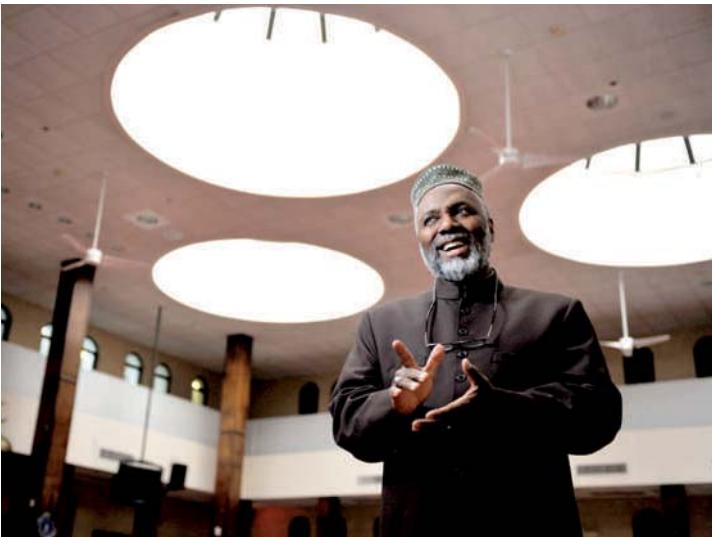
Va. place of worship takes stance against negative portrayals

## Falls Church

After nine years of interviews, Imam Johari Abdul-Malik has learned to wait for the questions. But having defended Dar Al-Hijrah for so long, Abdul-Malik knows what they're really asking: What exactly is going on at this mosque? Is this a breeding ground for terrorists?

If he waits long enough, the reporters inevitably ask about Anwar al-Aulaqi, the radical cleric who once led the Dar Al-Hijrah mosque. They want to know about Maj. Nidal Hasan, the alleged Fort Hood shooter, and the two Sept. 11 hijackers who also once worshiped there.

And they often come with a list of other terrorism suspects who have been connected in some way with the Northern Virginia mosque.



Imam Johari Abdul-Malik talks to media inside the Dar Al-Hijrah mosque March 10.

They are usually met by Abdul-Malik, who was hired to be Dar Al-Hijrah's public face.

Charged with rehabilitating its image, he has become ubiquitous in the media, appearing on the major networks and holding countless news conferences.

That whiff of suspicion was

seized upon by bloggers and authors, who dubbed Dar Al-Hijrah the "9/11 mosque" — a slur that its leaders have been fighting ever since.

"There is nothing at Dar Al-Hijrah, no ideology or preaching, that somehow leads people to violent extremism," Abdul-Malik declared.

"We condemn terrorism."

The man hired in 2002 to change that perception was in many ways an unorthodox choice. Unlike Dar Al-Hijrah's mostly immigrant members and leaders, Abdul-Malik was African American and a convert to Islam.

"It was not easy at first," Abdul-Malik said. One member warned him after Friday prayers: "You know the leaders here are just using you, don't you? They only bring you out to fundraise or to talk to reporters."

"Brother, I came here to be used," Abdul-Malik responded. Most of all, Abdul-Malik tried to reshape the mosque's defensive posture toward the media.

"The board kept saying, 'When are they ever going to write a good story about us?'" Abdul-Malik said. "I told them, do you not realize the good we could do in these 'bad stories'? Each one gives us the chance to start crafting our own narrative again."

WILLIAM WAN (THE WASHINGTON POST)

# No Bond For Bowie Stabbing Suspect

## Upper Marlboro, Md.

Alexis Simpson, the 19-year-old Bowie State University student accused of fatally stabbing her roommate last week, "got mad and reacted," a Prince George's County prosecutor said in court Monday.

Simpson, of District Heights, is charged with first-degree murder, second-degree murder and first-degree assault in the Sept. 15 slaying of Dominique Frazier, 18. The two women shared a suite on campus.

Michael Worthy, Simpson's defense attorney, said in court that the stabbing was a "tragic accident." He said Simpson tried to help Frazier after she was injured, and called 911. "This is an isolated aberration," Worthy said. "She is not the type of person who would hurt anyone." But Worthy also said his client was trying to defend herself.

During the Monday court hearing, Prince George's District Judge Patrick Duley ordered Simpson held without bond. A preliminary hearing is scheduled for Oct. 14.

(THE WASHINGTON POST)

## The Lotteries

Monday, Sept. 19

### Maryland

Mid-day Pick 3.....	7-8-4
Evening Pick 3 (Sun.).....	8-1-8
Mid-day Pick 4.....	7-2-0-3
Evening Pick 4 (Sun.).....	3-5-3-4
Match 5 (Sun.).....	1-4-21-23-25 (10)

### District

Mid-day Lucky Numbers.....	6-7-0
Evening Lucky Numbers (Sun.).....	8-8-4
Mid-day DC 4 .....	8-2-9-5
Evening DC 4 (Sun.).....	5-1-0-3
Mid-day D.C. Five .....	4-3-8-3-8
Evening D.C. Five (Sun.).....	9-2-8-4-1

### Virginia

Mid-day Pick 3.....	3-7-6	Evening Pick 4 (Sun.).....	9-7-6-0
Evening Pick 3 (Sun.).....	5-7-3	Mid-day Cash 5 (Sun.).....	2-17-28-33-34
Mid-day Pick 4 .....	9-2-6-4	Evening Cash 5 (Sun.).....	3-7-12-20-25

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## Local

# Orange Seeks D.C. Term Limits

## Washington

D.C. Council member Vincent B. Orange, who appears to be angling for a future run for mayor or D.C. Council chairman, wants to limit council members to two consecutive terms but make their jobs "full-time" and raise their salaries to as much as \$170,000 a year.

Orange, D-At-Large, who returned to the council in April after more than four years in the private sector, gathered reporters Monday morning to announce his agenda for what he called "a new deal for the District of Columbia."

"Times are changing, and people expect more," Orange said. "I think what I am presenting is worthy of consideration."

In a series of bills he plans to introduce at Tuesday's council session, Orange is calling on his colleague to approve legislation



Vincent B. Orange wants to raise D.C. Council salaries as high as \$170,000.

**"There are entrenched incumbents and I'm not sure it's leading to a very efficient Council."**

— D.C. COUNCIL MEMBER VINCENT ORANGE, WHO PLANS TO PRESENT BILLS CALLING FOR TERM LIMITS AND PAY RAISES.

restricting council members, the mayor and the city's new elected attorney general to two consecutive four-year terms. Orange acknowledges that he had been a longtime opponent of term limits, including during his campaign earlier this year.

"I'm here to say, its time has come," said Orange. "There are entrenched incumbents, and I am not sure it's leading to a very efficient council. ... Perhaps with an infusion of new blood we can get other individuals involved in the process and we can get some new ideas to move the government forward."

With salaries of \$125,000 annually for what is considered a part-time job, D.C. Council members are already the second-highest-paid big-city lawmakers in the country, according to a study last year from the Pew Charitable Trust.

TIM CRAIG (THE WASHINGTON POST)



**Not Protected Enough:** Maryland's Natural Resources Police are investigating the fatal shooting of a bald eagle near Cumberland. The agency said Monday that the bird was found Friday afternoon. Investigators say the mature bird had been dead no more than a week. Bald eagles are protected by the federal Bald and Golden Eagle Protection Act. A first offense by an individual carries a maximum penalty of one year in prison and a \$100,000 fine. (AP)

## Women: Is Your Drinking Causing Problems? Do You Drink Alcohol to Help Ease Your Anxiety?

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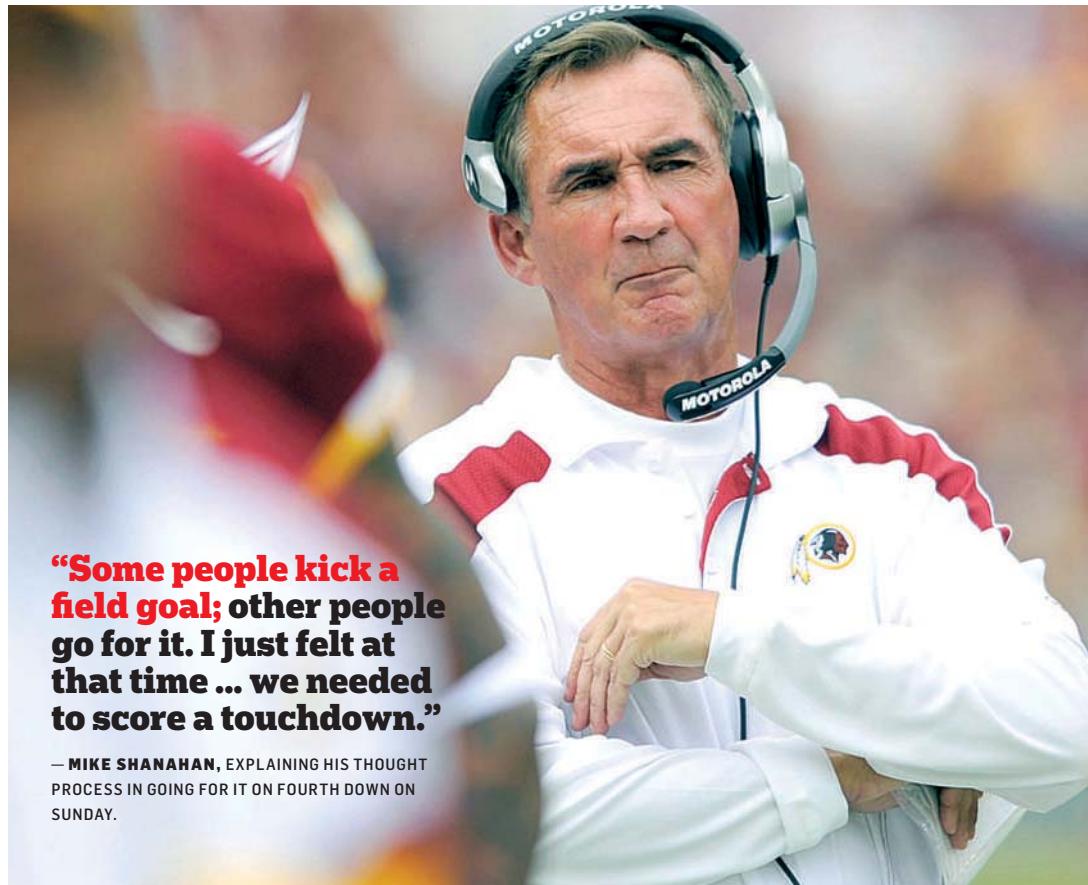
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**“Some people kick a field goal; other people go for it. I just felt at that time ... we needed to score a touchdown.”**

— MIKE SHANAHAN, EXPLAINING HIS THOUGHT PROCESS IN GOING FOR IT ON FOURTH DOWN ON SUNDAY.

# Mr. Confidence

Shanahan's go-for-it attitude is embraced by his 2-0 Redskins

## The Redskins

Fourth-and-3. Ball at the 18. Trailing by eight with 5:23 left. All three timeouts remaining.

Go for it? Or kick the field goal?

For Mike Shanahan, it was a no-brainer. The offense stayed on the field, and Rex Grossman found Santana Moss in the end zone for a touchdown.

The play was a vital moment Sunday in the Washington Redskins' 22-21 comeback win over the Arizona Cardinals.

“That was basic football,” the coach said. “There wasn't even a question about that.”

Basic football. And percentage



Santana Moss scored a key touchdown when the Redskins went for it on fourth down.

football. Mathematical studies have always shown that coaches should go for it on fourth down a whole lot more than they do.

But many, if not most, coaches don't play the percentages. They would kick the field goal to cut the lead to five, then rely on the

defense to make a stop and postpone the needed touchdown until later. For one thing, it keeps the coach from looking bad — and maybe getting fired — for making a risky choice.

“I've always leaned to the other side, not very conservative,” Sha-



## A Good Problem

Redskins coach Mike Shanahan wouldn't say whether Fred Davis, above, has surpassed Chris Cooley as the No. 1 tight end. Davis leads the team in receiving after two games with 191 yards, while Cooley didn't have a catch Sunday and is still working his way back from a knee injury. “We've got two excellent football players,” Shanahan said. “Those are the problems that we want.” (AP)

nahan said Monday. “I usually take chances. That's usually my mindset, but sometimes it all depends on the tempo of the game, what type of team you're facing, how good's your defense, how good's your running game going. A lot of ingredients will go into something like that.”

It's that type of attitude that makes Shanahan so popular in the locker room. Offensive players throughout training camp kept saying how much they love the aggressiveness shown by Shanahan and his son, offensive coordinator Kyle Shanahan, when it comes to calling plays and attacking the game.

If anything, that praise has grown now that the Redskins are off to a 2-0 start and alone in first place in the NFC East.

“I love this offense, man. That's one of the reasons I didn't want to go anywhere,” said Moss, who opted to re-sign with the Redskins this year when he became a free agent. “It took me this long to be a part of something like this. ... I just love what Kyle does when it comes to his play-calling, and how he prepares us. He prepares us to go out there with that mentality and say ... whatever we did on those other downs, just put all that behind us and this is the down that matters.” JOSEPH WHITE (AP)

## In Brief



Tony Stewart celebrates after winning Monday's Sprint Cup race in Chicago.

### AUTO RACING

## Stewart Begins Chase With First Win of Year

Tony Stewart ended his season-long funk Monday, winning for the first time this year at Chicagoland Speedway, where NASCAR's title-deciding Chase for the Sprint Cup opened a day late because of rain Sunday. (AP)

### PRO BASEBALL

## O's Add to Sox's Misery

The reeling Red Sox lost for the 12th time in 15 games when Jeremy Guthrie pitched the last-place Baltimore Orioles to a 6-5 win Monday in the opener of a day-night doubleheader, cutting Boston's AL wild-card lead to 1½ games over the surging Tampa Bay Rays. (AP)

### PRO FOOTBALL

## K.C.'s Charles Out for Year

A bad season for the Kansas City Chiefs just got worse. The Chiefs (0-2) said Monday that they will put running back Jamaal Charles on injured reserve with a left knee injury, meaning he is done for the rest of the season. (AP)

## TV Lineup

**NATIONALS (1 P.M., MASN)** The Nats visit the Phillies in a rare Tuesday matinee.

**PRO BASEBALL (1 P.M., WGN; 7 P.M., MLB)** The Cleveland Indians visit the Chicago White Sox, and the Tampa Bay Rays visit the New York Yankees.

**WNBA (8 P.M., ESPN2)** The Minnesota Lynx and the San Antonio Silver Stars play in game 3 of their playoff series.



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# Sports

## Vick's Status Is Up in the Air

Eagles evaluate star QB who suffered a concussion Sunday

### Pro Football

Michael Vick pointed to the scoreboard on his way to the locker room after suffering a concussion, reminding hecklers the Eagles were winning.

Without Vick, Philadelphia couldn't hold onto the lead and lost 35-31 to the Atlanta Falcons on Sunday. The Eagles (1-1) may again be without Vick for their home opener against the New York Giants.



Michael Vick holds his head during the Eagles' game in Atlanta on Sunday.

out there," Burkholder said.

Vick was injured in the third quarter when he was spun around by a defender and slammed into right tackle Todd Herremans. His neck whipped back, and he bit his tongue, which led to him spitting blood on his way off the field.

Vick wasn't woozy and seemed fully alert. He certainly was aware of the score — 31-21 in favor of the Eagles — when he pointed it out to fans in the Georgia Dome on his way in for tests. Vick barely failed those baseline tests, so the medical staff kept him on the sideline.

"He was just a little bit off," Burkholder said. (AP)



**UNC's Pre-emptive Strike:** North Carolina will vacate all 16 football victories from the 2008 and 2009 seasons, and reduce scholarships as part of self-imposed penalties after an NCAA investigation into the program. The school announced on Monday that it will also put the football program on two years of probation as a result of the probe into athletes' academic misconduct and accepting improper benefits. (AP)

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**NIAAA**  
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# express ➔ health directory

## Volunteers Needed! Volunteers for a Malaria Vaccine Study:



You may be eligible to participate if you are:

- Are 18-50 years of age
- In good general health
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**1-866-856-3259 (toll free)**  
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[www.armyclinicaltrials.com](http://www.armyclinicaltrials.com)



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Compensation paid to healthy female and male volunteers for donations of bone marrow for research efforts in such areas as cancer and other serious illnesses.

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- Not engaged in high risk behaviors

Confidential interview and screening provided at our convenient Gaithersburg, MD office.

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AD BONE MARROW 03/07

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Call to learn more. All calls are confidential.

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[bdawson@metrohepgi.com](mailto:bdawson@metrohepgi.com)

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# Sports

## Rivera Is the New King of the Hill

Yankees closer sets career saves record in win over Twins

### Pro Baseball

Long regarded as the best closer in baseball, Mariano Rivera now has more saves than anyone else, too.

Rivera set the major league record with No. 602, pitching a perfect ninth inning Monday and preserving the New York Yankees' 6-4 win over the Minnesota Twins.

With fans standing and cheering from his first pitch to his last,



New York's Mariano Rivera gestures to fans after his 602nd career save.

Rivera retired Trevor Plouffe, Michael Cuddyer and Chris Parmelee to end it. Parmelee looked at strike three — it appeared to be

Rivera's signature cutter — as Yankee Stadium roared in approval.

It's a remarkable achievement, considering the slender right-hander throws mostly one pitch. Opposing hitters have seen it for years but still haven't figured it out. In the meantime, he's built a Hall of Fame-caliber career and been a pillar of five World Series championship teams.

The only person who might not acknowledge Rivera isn't the best closer of all time is Rivera himself. "I would never say that — you know me better than that," said the 41-year-old Rivera, who tied Trevor Hoffman with save No. 601 on Saturday. **RICK FREEMAN (AP)**

express



health  
directory

## Do You Have ASTHMA?

Subjects with asthma needed for a clinical research study of a new investigational medication for rhinovirus, the common cold.

Conducted by Gordon Raphael, MD

### Reimbursement for time and travel

If interested please call:  
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vs. CHIVAS USA

Wed. September 21, 7:30pm

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## SMITH CENTER FOR HEALING AND THE ARTS

community. creativity. cancer support.

**Join us for weekly classes, workshops, and events at our newly expanded community center on 17th & U in Northwest DC.**



**GRAND RE-OPENING EVENT THIS SATURDAY!**  
 Visit us all day for free sample programs and classes, cooking demonstrations, food & drinks, live music, an art exhibit, and a chance to tour our new space!

**Saturday, September 24  
11am-4pm / FREE**

### COOKING & NUTRITION

Delicious, whole foods recipes and research-based information by trained nutrition experts and chefs—all in our state-of-the-art teaching kitchen.

#### EATING FOR A LIFETIME: EVERYDAY PRINCIPLES FOR HEALTHY COOKING

*Saturday, Oct. 1, 10am-12:30pm / \$30*

#### CELEBRITY CHEF SPOTLIGHT:

MATTEO VENINI OF RISTORANTE POSTO

*Thursday, Oct. 6, 6:30-8:30pm / \$25*

#### NOURISHING FOOD FOR PEOPLE WITH CANCER

*Saturday, Oct. 15, 10am-3pm / \$20*

Generously supported by The Pallete Fund

#### HEALTHY BREAKFASTS AND LUNCHES

*Thursday, Oct. 20, 6:30-8:30pm / \$25*

#### EVERYDAY DELICIOUS VEGAN MEALS

*Tuesday, Nov. 15, 6:30-8:30pm / \$25*

#### THE ULTIMATE PROTEIN COMBINATION: BEANS & GRAINS

*Saturday, Nov. 12, 10am-12pm / \$25*



### THERAPEUTIC YOGA & QIGONG

#### GENTLE EVENING YOGA

*Every Wednesday, 5:30-6:45pm  
\$10 a session or \$25 for a month*



#### THE ENERGY GATES: AN INTRODUCTION TO QIGONG

*Monday, Oct. 17, 24, 31 and  
Nov. 7, 14, 21, 8-9am  
\$60 for the 6-week series*

### ART & CREATIVITY WORKSHOPS

Unlock innate creative potential and promote inner listening and self-awareness. No experience required.

#### WRITING WORKSHOP: TEN THOUSAND JOYS, TEN THOUSAND SORROWS

*Friday, Oct. 28 & Saturday Oct. 29, 10am-3pm  
\$45 each day or \$75 for both days*

#### MANDALAS FOR MEDITATION: GRATITUDE

*Thursday, Nov. 10, 6:30-8:30pm / \$25*



#### JOAN HISAKA HEALING ARTS GALLERY EXHIBIT: Tom Wolff's U Street Portrait Project

*Oct. 28-Dec. 17 / Opening Reception Nov. 4, 7pm  
A photographic look at the people and culture of the U Street Corridor.*

### CANCER-SPECIFIC PROGRAMS

Some of our programs are designed specifically for the cancer community. In addition to our programs at our U Street Center, we offer week-long cancer retreats in the countryside.

#### RECLAIMING LIFE AFTER CANCER

*Tuesday, Oct. 4, 6:30-8:30pm / Free*

#### LIVING WELL WITH CANCER ONE-DAY RETREAT

*Saturday, Nov. 5, 9am-4pm / Free*

Take part in a support session, yoga, meditation, deep relaxation, creativity, and discussions on healing.

#### YOUNG ADULT CANCER SURVIVORS OF SMITH CENTER (YACS) MEET-UPS

YACS typically meet the first Tuesday of each month.



**See a full schedule of fall classes & register online at [www.smithcenter.org](http://www.smithcenter.org) or call 202.483.8600.**

BECAUSE  
YOUR GIFT BRINGS  
HOPE TO PEOPLE  
IN NEED.

Issue I

2011 Combined Federal Campaign  
of the National Capital Area

Make your pledge today, go to  
[www.cfcnca.org](http://www.cfcnca.org).

COMPASSION  
OF INDIVIDUALS  
**POWER**  
OF COMMUNITY





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About this section: This advertising special section was prepared for the Advertising Custom Content department of *The Washington Post* in conjunction with the Combined Federal Campaign of the National Capital Area and did not involve *The Washington Post* news or editorial departments. For more information, please contact Marc H. Rosenberg, Senior Advertising Manager, at 202-334-7634 or Kathryn Whitener, Account Manager, Charity Organizations at 202-334-6171. The official website for the CFCNCA is [www.cfcnca.org](http://www.cfcnca.org).



CFC #10899

MEDICAL RESEARCH CHARITIES

His daughter's  
asthma attack.

Thanks to one of  
Medical Research Charities'  
member organizations,  
now he knows what to do.

Medical Research Charities' 28-member organizations seek cures, treatment and education for diseases ranging from asthma and breast cancer to diabetes and muscular dystrophy.

Learn more at [www.medicalresearchcharities.org](http://www.medicalresearchcharities.org).

Please support us with your pledge.

MRC and its member charities are proud participants in the Combined Federal Campaign.



# A Letter From Arne Duncan

Dear Fellow Federal Employees:

This year marks a historic milestone. Fifty years ago, President John F. Kennedy established the Combined Federal Campaign (CFC) to help people in local communities, across the nation, and around the world. It is my profound pleasure to serve as National Honorary Chair of the 50th anniversary campaign. Never has the purpose of the CFC been more apparent or more important. I invite every Federal employee to participate as generously as possible in this year's campaign.

Since 1961, Federal employees have raised nearly \$7 billion. This staggering generosity has cured diseases, fed the hungry, housed the homeless, and served countless other life-changing needs. The response from the Federal workforce is a deeply moving display of compassion and generosity.



I have witnessed firsthand the dramatic changes that happen when communities in need receive the resources necessary to overcome great challenges. I have seen a child smile at reading a first sentence. I have seen pride restored to families able to once again provide for themselves and the relieved faces of disaster victims sheltered when they thought all hope was lost. The kindness of the Federal workforce touches virtually every community, every state, every country, and every continent. Together, we are restoring hope.

Throughout the 50th Combined Federal Campaign, you will hear more stories like these—of lives changed by the CFC, some within our own Federal community. I urge you to listen to these voices, to attend campaign events, to learn about the charities the CFC supports, and to give to the causes you support most passionately. No gift is too small. Every gift matters.

As we begin a new year of the CFC, I thank all Federal employees for their kindness over the past 50 years, and I look forward to leading this year's Combined Federal Campaign, the first in a new half-century of generosity. Please join me and make a gift today.

Sincerely,

Arne Duncan  
U.S. Secretary of Education

## SUPPORT THE VOICE of the Volunteer Fire Service.

Designate the National Volunteer Fire Council for your CFC contribution.



The NVFC provides the volunteer fire and emergency services with critical advocacy, resources, programs, information, and more. Help us support the nation's 1,000,000+ volunteer first responders so they can better serve you.



[www.nvfc.org](http://www.nvfc.org)

## There's A Place For You In The CFC.

As the leaves in our ENVIRONMENT begin to change and students resume their EDUCATION, another ritual of the season begins -- The Combined Federal Campaign.

This year, the STATE of our ECONOMY, our community, our nation, and our world finds many people really needing help from charities that provide HOUSING, DEVELOPMENT, HEALTH, HUMAN SERVICES and more. That's why the members of **AMERICA'S CHARITIES, CHILDREN FIRST, HEALTH FIRST** and **COMMUNITY FIRST** want you to come to the DEFENSE of the people in need -- especially during these tough economic times -- with your voluntary charitable contribution. As a Federal employee, you are dedicated to the public service mission of your home agency. The CFC is your time to extend that mission to help others even more.

Please take the ENERGY to open the Catalog of Caring and find one of our charities to support with gifts of your personal time, talent and TREASURY. We realize that every corner of COMMERCE wants you to TRADE your hard-earned BUDGET for their products and services. That's why we ask you to please review our charities and the LABOR they do 24/7/365 to help people throughout our HOMELAND. When you do, we know that you will want to become a CFC AMBASSADOR of charity with an important investment in delivering the social JUSTICE that current conditions demand.

If you have been a CFC supporter in the past, we thank you for TRADING a little of your SECURITY with your favorite charities. If you've never supported charities through CFC before, from the INTERIOR of our heart to yours, please make this year the year that you TRANSPORT yourself into the ranks of VETERAN contributors.

From A (Agriculture) to Z (National Zoo), there is a place for you in the CFC!



**Children First**<sup>SM</sup>

**Health First**<sup>SM</sup>

**Community First**<sup>TM</sup>

Greater Washington DC

**CFC #10224**

[www.charities.org](http://www.charities.org)



## Hope is the greatest gift of all

By choosing to pledge your support through the **Combined Federal Campaign of the National Capital Area (CFCNCA)**, you join your colleagues to form a powerful **community of caring**. CFCNCA charities help people and communities in need, in local communities, across the nation and around the world. The campaign, created and run by Federal employees, demonstrates your commitment to public service.

### What the CFCNCA offers you

**Quality and choice.** The *2011 Catalog of Caring* lists more than 4,000 approved charities. Whether your interest is in disaster relief, health, education or the arts, you can choose from thousands of charities approved by Federal employees. Go to [www.cfcnca.org](http://www.cfcnca.org) to search the online database of charities.

**Giving made easy.** Simply donating through a regular payroll deduction distributes your giving throughout the year and adds up to a significant impact. Pledging through e-Giving makes it easier and more convenient to participate in the campaign.

**Spirit of public service.** The Federal workforce embodies the spirit of compassion and public service. By giving through the CFCNCA, you are going above and beyond your daily service to change the lives of those in need.

When you make a pledge through the CFCNCA, lives are changed. More than 4,000 charities go to work in communities at home and around the world to bring hope for the future. Every contribution counts and helps make a difference.

I've got  
**POWER**



*“We are grateful to everyone at Children’s National. We shudder to think what would have happened to our daughter if we were not sent there.”*

*- Jennifer Moore, Federal Employee*

Jennifer Moore's daughter, Amari, began receiving treatment at Children's National while in utero. She underwent open heart surgery at only six months old. The Moores are grateful to all the doctors, nurses and staff who helped care for Amari during that critical time. That's why they choose to donate to Children's National through the CFC every year.

Help support Children's National Medical Center, so it can support children like Amari.



CFC #65105 (Children's Hospital)



*An Open Letter to Federal Employees,*

Dear Friends in Government Service,

On behalf of more than 20,000 charities, I would like to extend a hearty and heartfelt "thank you" to the Federal employees who have supported the Combined Federal Campaign (CFC) during the past 50 years.

**Federal employees have donated \$7 BILLION to charities.**

As the **CFC marks its 50th Anniversary**, it is remarkable to consider that **Federal employees like you have donated \$7 BILLION to your favorite local, national and international charities** through the CFC during that time. That means the CFC is not just the largest charity campaign in the country, it is actually the largest in world history. That's an incredible achievement and it only happened thanks to the generosity and caring spirit of civilian and military Federal employees.

That also means that **thousands of charities received critical donations** at virtually no cost to the charities. Those donations have made a world of difference as they helped provide food, shelter and assistance to the needy; disaster relief; cures for diseases; assistance for developing countries; support for our military and their families; protection of our environment; assurance of equal treatment for all citizens, and much more.

As a donor and Federal employee, you can feel good about your donations, and about using the CFC as the vehicle for your contributions. That's because the CFC has three qualities that make it a preferred method for supporting charities:

- ✓ **The CFC is efficient.** Thanks to payroll contributions, employees can donate easily and more generously and conveniently since money is deducted in relatively small amounts each month. It also means that there are no direct costs to the charities so they can use all of their donations for their important missions.
- ✓ **The CFC is accountable.** All charities listed in the CFC directories have met government standards for outstanding fiscal and program operations, and all charities are reviewed annually for inclusion by Federal employees.

✓ **The CFC is effective.** Last year the campaign raised more than \$281 million in the middle of the worst economy in decades. Without the support of the Federal employees like you, the impact would have been much worse on charities and the people that depend on them.

But the CFC has a special challenge. Over the past decade participation in the campaign has been declining for a variety of reasons. Just ten years ago, one out of every three Federal employees made a donation through the campaign. By 2010, there were 400,000 fewer donations in the campaign. Had the same number of donors as 2000 contributed the average gift in 2010, the CFC would have raised **\$100 million more**.

**If half of all Federal employees would donate just \$5 per week during this year's campaign (the cost of a morning latte) the CFC would raise more than \$500 million for charity.**

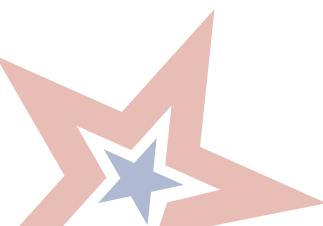
**This is my challenge to you:** help us reach this worthy and very attainable goal. It is an opportunity to help our friends, neighbors and communities here and around the world. Most of you are already supporting charities with your time, talent and treasures. Please consider making those gifts through the CFC.

I hope ALL Federal employees will support the CFC in its anniversary year and beyond. The Federal community is a unique and caring one, and the CFC is an expression of that concern that does a world of good. Please help continue the legacy of 50 years of generosity through the CFC. I thank you again for your consideration and support.

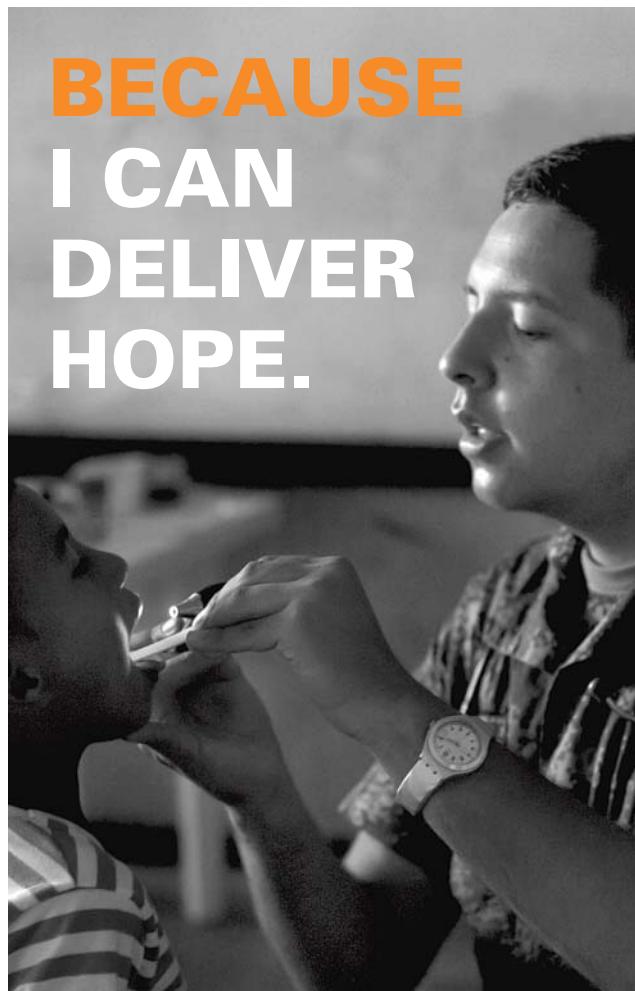
Yours truly,

Kalman Stein,  
Chair, CFC Foundation

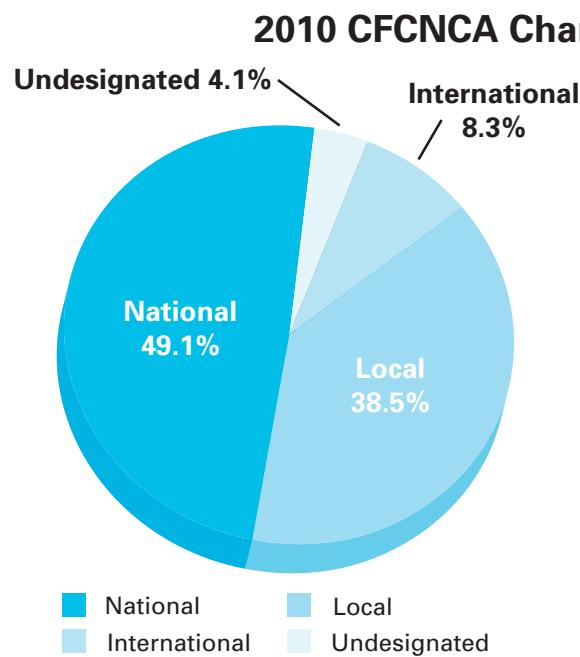
**If half of all Federal employees would donate just \$5 per week during this year's campaign (the cost of a morning latte) the CFC would raise more than \$500 million for charity.**



**BECAUSE  
I CAN  
DELIVER  
HOPE.**



## Where Your CFCNCA Dollars Go



In 2010, the CFCNCA community raised a record-breaking \$67 million to help people and communities in need.

\$32.9 million	National charities and federations
\$25.8 million	Local charities and federations
\$5.5 million	International charities and federations
\$2.7 million	Undesignated funds shared proportionally among all charities and federations that received designations

### 2011 GOAL: \$67.2 MILLION

Every donor can make a difference.

When we needed help, Catholic Charities was there.

"Hi, I'm Dever, and this is my Mom. Last month, we packed up our home. Mommy's company let her go, and we thought we would have to move out. But Catholic Charities helped us catch up on rent and helped Mommy find a new job. Now we're doing much better!"

Support Catholic Charities through your workplace giving.



Catholic Charities  
Archdiocese of Washington

(202) 772-4394  
924 G Street, NW  
Washington, DC 20001  
[www.CatholicCharitiesDC.org](http://www.CatholicCharitiesDC.org)

United Way #8054

Combined Federal Campaign #83997



**Aid for Africa**  
CFC# 11069



**Be part of the solution:  
Aid for Africa**  
80 CFC nonprofits serving  
communities in Africa

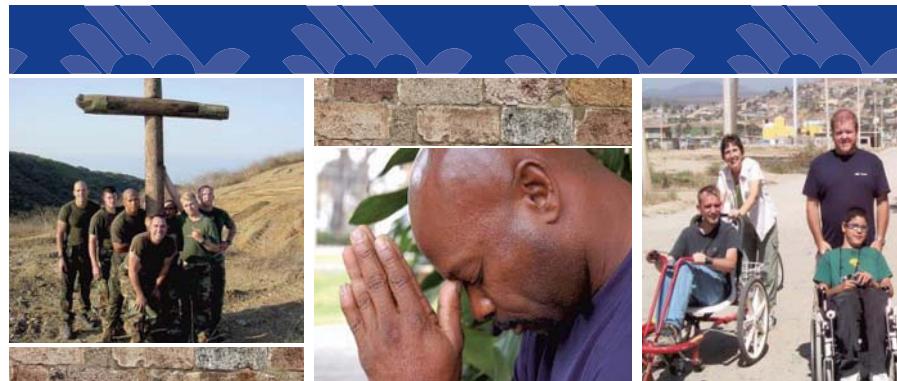


[www.aidforafrica.org](http://www.aidforafrica.org)





## Make your 50<sup>th</sup> anniversary CFC pledge count.



### Human Service Charities of America

People Helping People

Human Service Charities of America and its members exist to improve the quality of life and provide a voice for the disenfranchised and disadvantaged. Your donation helps build strong foundations within communities by providing vital services like medical care, hunger relief, shelter, education, and advocacy. As a donor, you can trust that HSCA and its charities are clear in their purpose and true to their mission.

**CFC #10170**

Human Service Charities of America  
(800) 626-2729  
[www.hsca.org](http://www.hsca.org)



### Christian Service Charities

Following the Great Commission

Christian Service Charities represents leading ministries who are transforming the world by following the Great Commission.

I know your deeds, your love and faith, your service and perseverance, and that you are now doing more than you did at first.

- Revelation 2:19

**CFC #10171**

Christian Service Charities  
(888) 728-2762  
[www.christianservicecharities.org](http://www.christianservicecharities.org)

## Washington Area Federal Workers: A Capital Crew

In terms of generosity to the Combined Federal Campaign, Federal employees of the National Capital Area are "capital" in every sense of the word. This capital crew gave an average individual gift of \$498 in 2010, a figure that led the giving record of the U.S. Federal workers of the world last year. With that track record, there is every reason to be confident that 2011 will be another leadership year for the National Capital Area.

"This year marks a half a century of giving from generous Federal employees," said Linda J. Washington, chairperson of the Local Federal Coordinating Committee at the recent kickoff event for the National Capital Area. "In the past 50 years, Federal employees raised nearly \$7 billion spreading hope to every corner of the world. Today, people's needs are greater than ever and every donation counts."

A donor never knows when he or she may need the services his or her gifts have been supporting over the years, Ms. Washington said. She cited one Federal worker who had been contributing 1 percent of her salary to the CFCNCA for 20 years. Then, this civil servant found herself in a wheelchair, needing assistance in dressing herself and attending to her personal care. She looked through the list of CFCNCA-supported charities and to her delight found one whose mission was to provide precisely what she needed.

Personal stories of those who benefit from the campaign are at [www.cfcnca.org/personal\\_stories](http://www.cfcnca.org/personal_stories). To make a donation, Federal employees should go to [www.cfcnca.org](http://www.cfcnca.org) and find a charity they are passionate about supporting.



On September 7, the 2011 CFCNCA kicked off its 50th anniversary at the Grand Hyatt Washington with the Leadership Conference. At the campaign event, campaign leaders announced the \$67.2 million goal and provided more than 500 volunteers with training and must-have information for the upcoming campaign season.

## WHEN IT'S BUDGET CUTTING TIME THEY ALWAYS START WITH THE EASIEST TARGETS.

Call 1 (800) 233-1200  
or visit [www.childrensdefense.org](http://www.childrensdefense.org)  
to find out how you can help.

Children's Defense Fund



CFC #11812

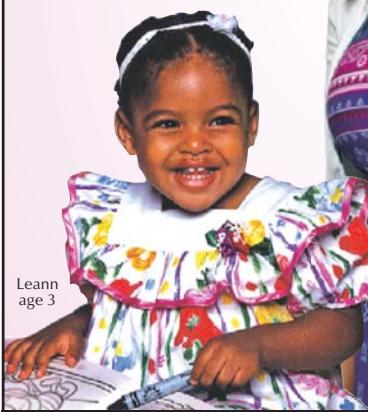


## Thriving Through Research

Your donation supports research for curing sickle cell anemia, cancer, heart disease, leukemia and other life-threatening illnesses.

Armstead-Barnhill Foundation  
For Sickle Cell Anemia

CFC # 21800  
UW# 8249



Leann

age 3



Leann  
age 20

301-858-9020 • [curesicklecell.com](http://curesicklecell.com)



ARTWORK BY EMILY CARROLL

# UNITED WAY

## WORK MAGIC WITH EVERY PAYCHECK.

The greatest help for the Washington community comes from everyday heroes. Grant a wish to those in need. Please give to United Way of the National Capital Area via CFC code 31408, or donate directly to one of its member charities. Amazing things happen when we stand United.



United Way  
of the National Capital Area

[WWW.UNITEDWAYNCA.ORG/CFC](http://WWW.UNITEDWAYNCA.ORG/CFC)



These are just a few of over 700 charities supported by United Way of the National Capital Area.



**HELP US ENSURE A LEGACY OF CLEAN WATER FOR FUTURE GENERATIONS.**

CFC# 11325

**WORKING WITH PEOPLE LIKE YOU TO SAVE THE BAY AND ITS RIVERS AND STREAMS.**

[cbf.org](http://cbf.org)

THE BAY • SAVE THE BAY • RESTORE THE BAY • SPONSOR THE BAY

CHESAPEAKE BAY FOUNDATION  
Saving a National Treasure



## Marine Sergeant's Son Has a Happy Holiday with Help from a CFCNCA Charity



Sergeant Adam Van Hoozer with his wife and son

**ANGER COULD DESTROY HIS FAMILY.**

**WYCLIFFE CAN BRING FREEDOM.**

[WWW.WYCLIFFE.ORG/CFC](http://WWW.WYCLIFFE.ORG/CFC)

CFC# 11737

ADVAD2255

**Wycliffe®**




Three years ago Sergeant Adam Van Hoozer helped, through his military branch, a CFCNCA charity dedicated to supporting needy families. This particular organization shows its support by donating new toys during the holiday season to families whose children might not otherwise receive any gifts.

At the time Sergeant Van Hoozer was volunteering with the charity, he was a low-ranking officer supporting both his wife and his one-year-old son, Kayleb. With very little income, it looked as though there was no way Sergeant Van Hoozer and his wife would be able to afford gifts for their child.

When Sergeant Van Hoozer's time spent supporting this organization came to an end he was surprised and warmed to find that his own child had qualified as a beneficiary. When it came time for the holidays, Sergeant Van Hoozer's son Kayleb received toys, books, and a happy Christmas from the CFCNCA organization his father had worked so diligently to support.

"It's an amazing feeling to give to your community and have it come full circle back to you," said Sergeant Van Hoozer. "At the

end of the day you receive something in return that you were not expecting at all. It's simply wonderful."

The books and toys Sergeant Van Hoozer's son Kayleb received have helped greatly with his development as time has gone on. This year, Sergeant Van Hoozer plans to be a volunteer and a donor for the CFCNCA. He looks forward to providing hope and assistance to other families that are enduring difficult times.

I've got  
**COMPASSION**

## Show you care in three simple steps

### 1. Choose your charities.

Select the charities you are most passionate about supporting from the *2011 Catalog of Caring*, which lists more than 4,000 approved organizations in every interest area. You can search for a charity online at [www.cfcnca.org](http://www.cfcnca.org) or in the printed version available from your Keyworker.

### 2. Make a commitment.

Complete your pledge by filling out the traditional paper Pledge Form. Or, save campaign costs and use the e-Giving paperless or online printed pledge options at [www.cfcnca.org](http://www.cfcnca.org). You can donate through payroll deduction to spread your giving over the year or choose credit/debit card, electronic check, cash or check.

### 3. Submit your pledge.

If you use the traditional paper Pledge Form or the e-Giving printed pledge option, you must give a copy to your Keyworker to complete the pledge process. For the e-Giving paperless option, you do not need to submit a form to your Keyworker. Remember to retain a copy of your pledge for tax purposes.

That's it! Now follow this year's campaign by visiting [www.cfcnca.org](http://www.cfcnca.org). Watch real-time progress towards the 2011 campaign goal, and view videos of personal stories of hope.

**BECAUSE  
I WENT TO  
SCHOOL  
TODAY.**



**Cough.  
Sneeze.  
Wheeze.**

**Click.**

For 60 million Americans, asthma and allergies are serious, chronic diseases. Now there's hope. Visit [www.aafa.org](http://www.aafa.org) today to get free information about research, prevention and treatment.



Asthma and Allergy Foundation of America®



**CFC #10583**

for life without limits™

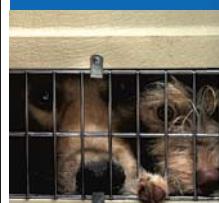
Dog and cat adoptions



Veterinary care for low-income pet owners



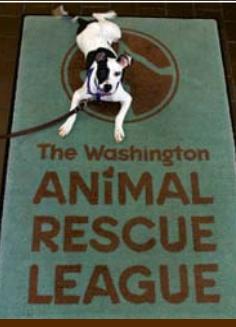
Pet food bank



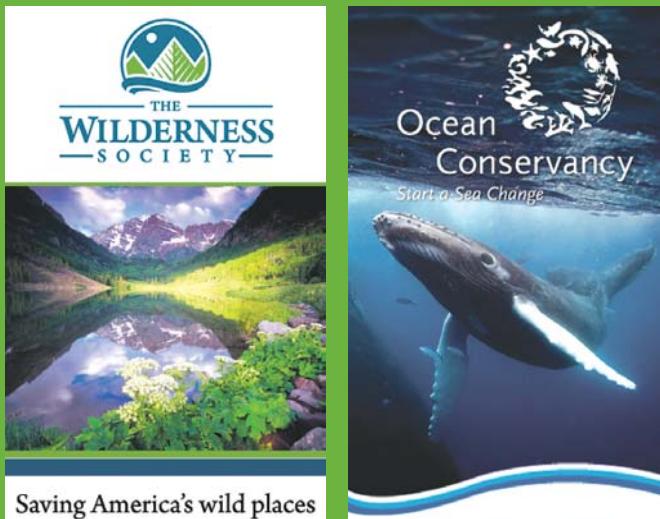
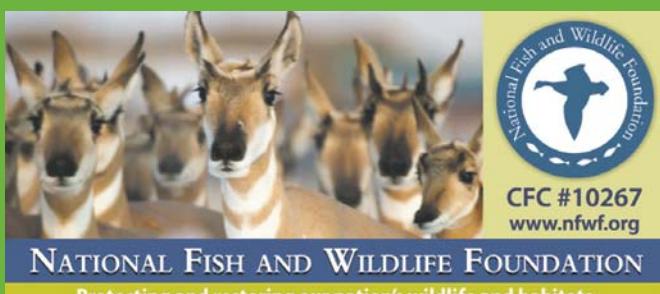
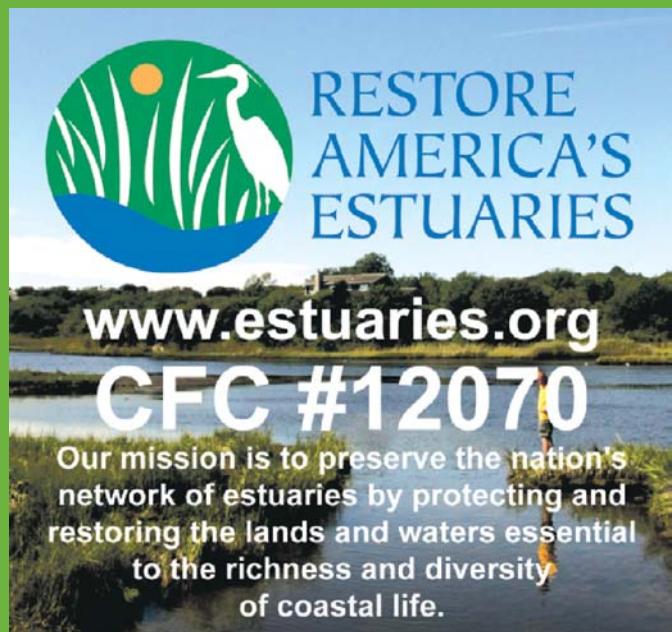
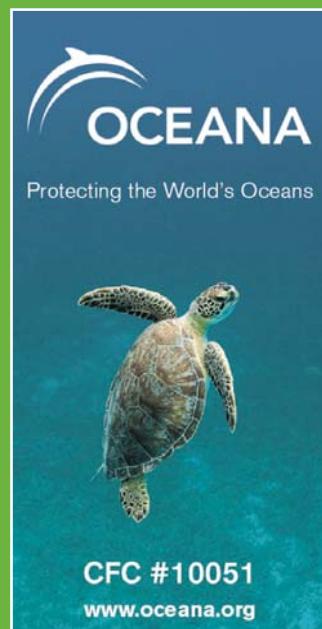
Animal behavior helpline

Dog training classes

Humane education in schools



CFC #86254 · WARL.ORG · UNITED WAY #8879



One environment.  
One simple way to care for it.®

#### EarthShare is...

African Wildlife Foundation.....11219  
Alaska Conservation Foundation.....12062  
Amazon Conservation Team.....10410  
American Farmland Trust.....10631  
American Forests.....10632  
American Rivers.....12063  
Arbor Day Foundation.....11443  
Bat Conservation International.....12064  
Beyond Pesticides.....11429  
Carbonfund.org Foundation.....62681  
Center for Health, Environment and Justice.....10633  
Clean Water Fund.....10636  
The Conservation Fund.....10630  
Conservation International.....11430  
Defenders of Wildlife.....10624  
Earth Day Network.....10625  
Earth Island Institute.....12065  
EARTH University Foundation.....85775  
Earthjustice.....11090  
EcoHealth Alliance.....11352  
EcoLogic Development Fund.....11432  
Environment America Research and Policy Center ..65905

Environmental and Energy Study Institute .....10627  
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Environmental Law Alliance Worldwide.....11433  
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Food & Water Watch .....17460  
Forest Service Employees for Environmental Ethics.12066  
Friends of the Earth .....12067  
Friends of the National Zoo .....11434  
Galapagos Conservancy, Inc. .....10961  
Green America .....10059  
Green Corps, Inc .....11342  
Institute for Transportation & Development Policy .....10723  
Izaak Walton League of America .....10620  
The Jane Goodall Institute.....11103  
Land Trust Alliance.....11435  
League of Conservation Voters Education Fund.....10621  
National Audubon Society .....12068  
National Environmental Education Foundation .....11792  
National Fish and Wildlife Foundation.....10267  
National Forest Foundation .....12053  
National Parks Conservation Association .....12069  
National Wildlife Federation .....10622  
Natural Resources Defense Council .....10623

The Nature Conservancy .....10643  
Ocean Conservancy .....11436  
Oceana.....10051  
The Peregrine Fund .....10639  
Pesticide Action Network North America .....11437  
Physicians For Social Responsibility .....10640  
Rails-to-Trails Conservancy .....10641  
Rainforest Alliance .....11353  
Restore America's Estuaries .....12070  
River Network .....10407  
Rocky Mountain Institute .....11438  
Scenic America.....11439  
The Sierra Club Foundation .....12071  
The Student Conservation Association .....11343  
Surfrider Foundation .....10642  
Sustainable Harvest International.....11000  
The Trust for Public Land .....11440  
Union of Concerned Scientists .....10637  
The WILD Foundation .....10406  
The Wilderness Society .....10638  
Wildlife Conservation Society .....10898  
World Resources Institute .....96456  
World Wildlife Fund .....12072  
Xerces Society .....18360



A better environment...it's all in a day's work!

[www.EarthShare.org](http://www.EarthShare.org)

**BECAUSE  
MY MOM'S  
CANCER  
WAS  
CURED.**



## Tiffany Lewis Gives and Receives Support from Fellow Federal Employees

Coordinating the CFCNCA was the very first assignment Tiffany Lewis received when she started working for the Department of Veteran Affairs back in 2007. She was in the middle of her third year working for the campaign when she suffered a stroke on June 4, 2010 and suffered temporary paralysis on her right side.

Tiffany had to sit out the rest of the campaign that year as she relearned how to sit, stand, write, eat and walk through physical and occupational therapy. It was then that Tiffany began to receive much-needed support from many of CFCNCA's charitable organizations that she had worked so diligently for in prior years. Donations of employee leave gave her the time and strength she needed to make a healthy recovery. She received a wheelchair, walker, leg brace and many other items she now required in her home.

Thanks to the incredible support of her fellow Federal employees, Tiffany is back at work on the CFCNCA this year, feeling better

than ever, and ready to devote her time, energy and passion toward a successful 2011 campaign.



Tiffany Lewis, Department of Veteran Affairs

## MILLIONS ARE ON THE BRINK OF STARVATION



Photos by Jake Lyell

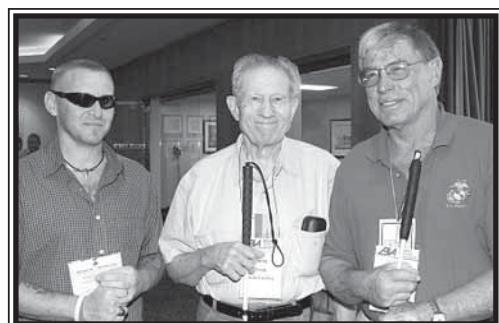
The worst drought in 60 years is affecting 12.4 million people in the Horn of Africa. Already tens of thousands of people, mostly children, have died from starvation – and millions more lives are at stake.

Please help us help them.  
[www.ChildFund.org](http://www.ChildFund.org)

Please Select ChildFund  
**CFC #11385**

**ChildFund**  
International

## Blinded Veterans Helping Blinded Veterans for More Than 66 Years



IRAQ • WWII • VIETNAM  
THREE GENERATIONS OF BLINDED VETERANS

★★★

The Blinded Veterans Association (BVA) was established in 1945 to promote the welfare of blinded veterans. We are here to help veterans and their families meet the challenges of blindness. We are the only veterans service organization exclusively dedicated to helping blind and visually impaired veterans rebuild their lives.

**BVA** 800-669-7079  
[bva@bva.org](mailto:bva@bva.org)

**CFC** 10513



## Osteoporosis affects 44 million Americans.

Building and maintaining healthy bones throughout life is vital. Your gift will help NOF ensure the next generation has healthy bones for life. For more visit [www.nof.org](http://www.nof.org)



Osteoporosis Foundation, National  
CFC #11043

**WHO DOES  
POVERTY  
HURT THE MOST?**

We began as an orphanage nearly 112 years ago, providing a home to children whose families were impacted by the extreme poverty of the Great Depression.

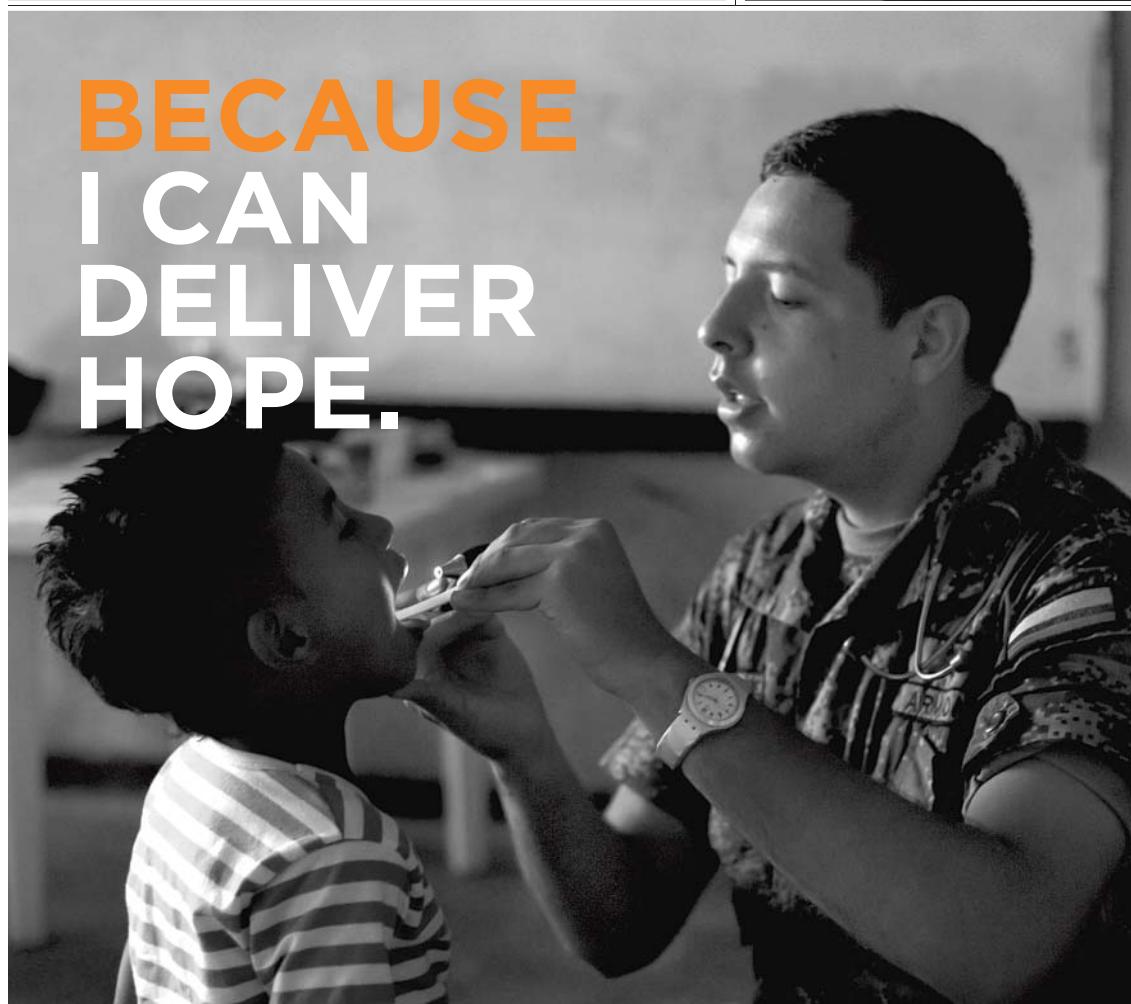
Today, as a national leader, UMFS provides services annually to over 7,500 children and families in crisis both in communities across Virginia and through our intensive treatment centers in Richmond and Fairfax.

**CFC # 16010**

FamilyCARE • Treatment Foster Care • Adoption • School-Based Services • Intensive Treatment Services • Project LIFE

[www.umfs.org](http://www.umfs.org)

# BECAUSE I CAN DELIVER HOPE.



## 2011 Combined Federal Campaign of the National Capital Area

Make your pledge today, go to  
[www.cfcnca.org](http://www.cfcnca.org).

COMPASSION  
OF INDIVIDUALS  
**POWER**  
OF COMMUNITY



## True Innovators at the CFCNCA

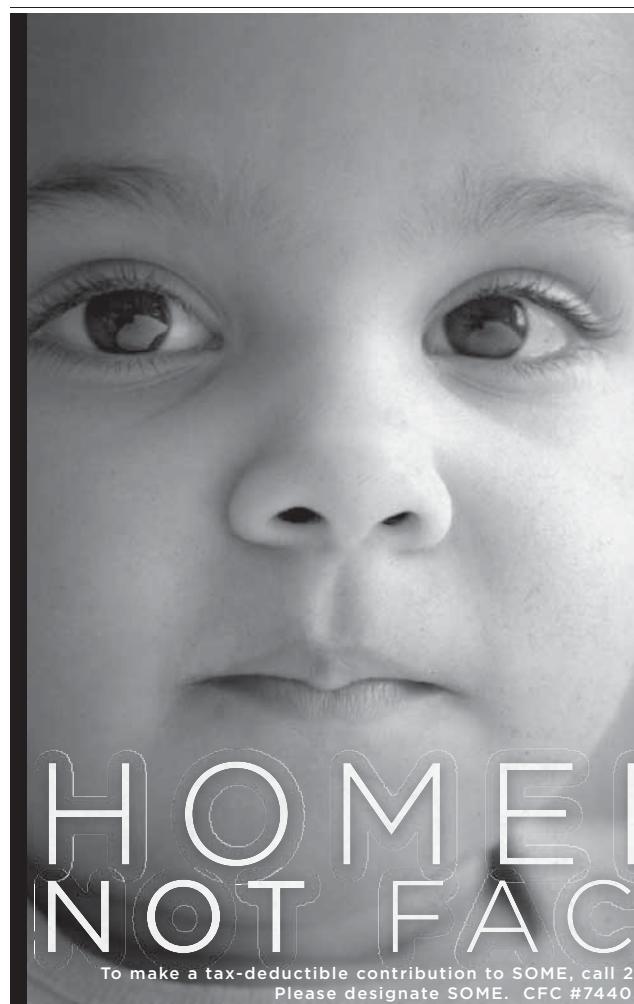
For the eighth consecutive year the Office of Personnel Management (OPM) honored the CFCNCA with its National CFC Innovator Award. Each year, OPM recognizes campaigns and volunteers who have made extraordinary contributions to the CFC through their dedication and creativity. CFC Innovator Awards are presented to campaigns that implemented an innovative strategy resulting in increased participation and/or contributions. This year, the CFCNCA was given the award because of the young donor strategy, which included a special event, social media outreach and tailoring of messages to better engage younger Federal employees.

OPM also recognized the Combined Federal Campaign-Overseas, which, like the CFCNCA, is managed by Alexandria, Va.-based Global Impact. "It is an honor to manage the two largest CFCs, raising more than \$80 million annually for people in need," said Renée S. Acosta, President & CEO, Global Impact. "Each year, we strive to deliver a stable source of funds to the more than 4,000



Louis Torchia, Department of Defense, Charlotte Haberaecker, Global Impact, Linda Washington, CFCNCA and Director Berry, Office of Personnel Management

participating charities with the introduction of new strategies that resonate with the very generous Federal donors who ensure this help year after year."



BEHIND EVERY  
**FACE**  
THERE'S A STORY

A sad story, sometimes a tragic story. We may never know the whole story but we do know why thousands of men, women and children come to SOME. They are hungry. Hungry for food, shelter, jobs and hope.

**SOME**  
40TH ANNIVERSARY

**HOMELESS  
NOT FACELESS**

To make a tax-deductible contribution to SOME, call 202-797-8806 or go to [www.some.org](http://www.some.org). Please designate SOME. CFC #74405 United Way #8189

**DEMANDCURES™  
TODAY.**  
THE GATEWAY FOR CANCER RESEARCH

Next Decade?  
next year?  
**NO. NOW.**



**WE DON'T HAVE TIME TO WAIT  
FOR A CURE FOR CANCER.**

We can't wait for the next generation to cure cancer. Cancer studies funded by The Gateway for Cancer Research™ are focused on finding breakthroughs NOW. We provide funding to leading treatment innovators™ who aren't afraid to think BIG—because we're searching for new treatment options that can help cancer patients feel better, live longer, and be cured. TODAY.

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CANCER  
RESEARCH.  
  
CFC# 11719  
888.221.2873

Donate or get involved at  
[www.DemandCuresToday.org](http://www.DemandCuresToday.org)

# Guatemalan Woman Finds Independence Through Starting Her Own Business

Monica Jacinto once struggled to support herself and her four children. Last year, she received help from a CFCNCA charity that aids entrepreneurial men and women in poor areas of the developing world to build businesses that create income, opportunity and economic growth for their families, their communities and their countries.

Monica's husband abandoned the family, leaving her in debt and with few opportunities for employment. Her path to independence began when she joined an association of women from the San Lucas Toliman region. Because the women had access to an ample supply of fresh fruit, they capitalized on it. They formed a business called Kask'i and began producing fruit juices in one of their homes.

The group's limited knowledge of marketing, distribution and sales prevented them from maximizing profits. Last year, the CFCNCA-supported organization provided Monica's group with a business advisor who helped train the women in basic business skills such

as marketing and management. They also received assistance in meeting the quality standards needed to reach new markets. Since receiving the help needed, Kask'i's sales increased by 60 percent.

Today, Monica helps her children achieve the promise of a better future through her thriving fruit juice company. Monica is able to provide her children with better food, clothes and an education. Her dream is to one day buy a house for her family. She is working hard to make her business one of the largest in the region and a respected producer of healthy, natural products.

BECAUSE



Monica Jacinto with Kask'i fruit juice produced by women in the San Lucas Toliman region



## Every Child Matters

*Making investments in children a national priority.*

**CFC #53117**

**EVERY CHILD**  
matters  
education fund  
Washington D.C.

[www.everychildmatters.org](http://www.everychildmatters.org)



**Every day, Yerrama puts her life at risk...  
for a sip of water that could kill.**

**You can change that. Find out how.**

Watch Yerrama's story at [operationblessing.org/CFC](http://operationblessing.org/CFC)

**CFC #10530**

Orphan Care | Clean Water | Disaster Relief | Medical Aid | Hunger Relief

**OPERATION|BLESSING**  
INTERNATIONAL

## Two Friends Care for One Another With a Little Help from the CFCNCA

Ms. Sawyer is a Washington, D.C., resident with both mental and physical challenges. She received a care package in the form of Honey, a cat with a partially amputated leg. The two took care of each other and Honey and Ms. Sawyer lived happily together for many years. That is, until a tumor sprouted on Honey's partially amputated leg and began to grow rapidly. The resulting wound became infected.

An animal hospital soon determined that what remained of Honey's leg would need to be amputated and Ms. Sawyer, living on a low and fixed income, could not afford the surgery. The local animal hospital referred her to a CFCNCA-funded organization whose mission is to rescue, rehabilitate, and re-home animals that have nowhere else to go. With the help of the charity, Ms. Sawyer was able to afford Honey's surgery.

Veterinarians warned Ms. Sawyer that Honey's chances of making it through the surgery were about 50/50. Despite these odds, Honey pulled through. Three days later Honey was back at his Northeast Washington home, where he and Ms. Sawyer were again taking care of each other. Because that's what friends do.

### Make a difference today

As Federal workers, we represent a powerful, caring community through the CFCNCA. We are dedicated to making a difference in local communities, across the nation and around the world.

You can also follow the campaign on GovLoop, Facebook and Twitter.

**Make your donation by December 15.  
Give today at [www.cfcnca.org](http://www.cfcnca.org).**

Hope  
is the greatest  
gift of all.



**1 out of 4**  
U.S. dialysis patients turn to the  
**American Kidney Fund** for  
financial assistance.

**101,000 patients**  
in need were able to keep their  
insurance, get nutrition, pay for  
prescription meds, and afford  
transportation to their treatments.

**WITH YOUR HELP.  
CFC # 11404**

American Kidney Fund | [www.kidneyfund.org](http://www.kidneyfund.org)

**express**

A publication of The Washington Post

#### Express CFC Quick Facts:

#### Did You Know...

- \* 31.1% of ALL Express readers work for the Federal Government or Military;
- \* In the past 12 months, 81.8% of all Express readers made a charitable contribution;
- \* Of those Express readers who made charitable contributions:
  - \* 19.5% contributed to social care or welfare charities
  - \* 14.2% contributed to healthcare or medical charities
  - \* 12.9% contributed to environmental charities
  - \* 16.1% contributed to arts or cultural charities
  - \* And 9.8% contributed to political charities;
- \* Express reaches more than 324,000 readers every weekday and distributes more than 181,000 papers daily through 1,900 points including Metro stations and free boxes throughout the DC region.
- \* Express readership is measured by Scarborough and circulation is measured by CAC Audit, both third party research which is the best means by which to measure accuracy of claims.

Source: 2011 Scarborough, Rel 1 - DC Metro Market; and Sept 2010 CAC Audit.

### GIVE SOME GOOD



**CFC # 56066**

PROMOTING  
ECONOMIC GROWTH  
AND A SUSTAINABLE  
FUTURE IN  
COMMUNITIES  
WORLDWIDE



VEGA mobilizes  
member-directed,  
non-profits economic  
growth to deliver and  
implement programs  
through volunteers  
who provide training  
to entrepreneurs and  
farming communities in developing countries. To  
learn more, visit us at [www.vegaalliance.org](http://www.vegaalliance.org).



SUPPORT VOLUNTEERS IN  
GLOBAL ECONOMIC  
DEVELOPMENT PROGRAMS  
**CFC#56066**

## Wounded Veteran Receives Specially Adapted Home

Army Captain Ferris Butler was the victim of an IED explosion in the Sunni Triangle which is one of the most dangerous sectors along the Euphrates River in Iraq. Upon preparing to return from a mission, his HUMVEE triggered a bomb, destroying the vehicle and causing Captain Butler serious injuries.

Still wanting to believe he would be okay, Captain Butler continued issuing orders to secure the area, knowing that the ones responsible for the attack were most likely watching their handiwork unfold. Captain Butler was transported first to the Army hospital in Ballad, where he underwent what would be the first of 54 surgeries to deal with his injuries. Later airlifted to Landstuhl, Germany and finally to the United States, Captain Butler spent two years there enduring surgeries which included the amputation of both of his legs, and intensive rehabilitation.

Thanks to the aid of a CFCNCA-supported charity, Captain Butler now lives in a specially adapted house. Captain Butler enjoys spending time there with his wife, Laura whom he met while he was a patient and Laura was a volunteer. They married in October 2009 and live near both of their



Army Captain Ferris Butler's specially adapted house built by a CFCNCA-supported charity

families in Eastern Maryland, where their "roots are grounded."

Captain Butler would like to express his gratitude and let those who helped to make his specially

adapted home a reality know that the uncertainty and daunting task of trying to find accessible housing is no longer overwhelming him. He is focused now on his future, and the freedoms and comfort his accessible home will offer him.

**Every  
child  
deserves  
a safe  
childhood.**

**John Walsh**  
National Center for Missing & Exploited Children Co-Founder • Host, America's Most Wanted

*We're committed to  
making sure they get one.*

**CFC# 11822**

Visit [www.missingkids.com](http://www.missingkids.com)  
to learn more about how you  
can help keep kids safer.



Our troops always step up when we need them.  
Their sacrifices make a difference in your life.  
Return the Favor and make a difference in theirs.

**VFW FOUNDATION**

**RETURN THE  
FAVOR**



FOR MORE INFORMATION VISIT:  
[www.vfwfoundation.org](http://www.vfwfoundation.org)



**CFC #10511**

## Freedom Isn't Free

Help America's disabled veterans who've paid the price for our freedom. By supporting the DAV Charitable Service Trust, you stand up for our country's true heroes.



Disabled American Veterans (DAV)  
Charitable Service Trust  
[www.cst.dav.org](http://www.cst.dav.org)

CFC  
#11322



## See what your gift can do

A bi-weekly or monthly payroll pledge to your CFCNCA charities adds up to substantial results over the course of the year.

### Bi-weekly payroll deduction

**\$25** Supports humanitarian aid to the victims of the 9.0 magnitude earthquake that struck the northeastern coast of Japan on March 11.

**\$50** Enables a victim of domestic violence to receive support services, basic needs and affordable housing for an entire year.

**\$100** Gives a year's worth of comprehensive therapeutic and supportive services for up to four elderly Washingtonians.

BECAUSE

### Monthly payroll deduction

**\$25** Assists injured soldiers through support programs and counseling services.

**\$50** Provides 100 meals for the homeless and unemployed in the DC area.

**\$100** Assures that 5 sub-Saharan children living with HIV/AIDS receive a year's worth of much-needed healthcare.



99581

### Designate WETA: For you, your family and the community.

WETA Television and Classical WETA 90.9 FM recognize viewers' and listeners' intelligence, curiosity and interest in the world around them.



PBS NewsHour • A Capitol Fourth • Masterpiece Classic • Masterpiece Mystery!

• Doc Martin • Dinosaur Train & WordWorld on WETA Kids  
Antiques Roadshow • The WETA Movie

Classical Music for Greater Washington • Classical WETA Opera House  
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Individual contributors like you make great television and radio programs possible for everyone. Thank you for doing your part to support public broadcasting through CFC.

WETA • P.O. Box 96100, Washington, DC 20090-6100 [www.weta.org](http://www.weta.org)

Photos: Doc Martin, courtesy ITV; Dinosaur Train, courtesy The Jim Henson Company; A Capitol Fourth, courtesy WETA.

HOPE  
ALONE  
CAN'T GET US TO THE CURE  
YOU CAN

#48891

Write this number down to select  
The Lupus Research Institute  
for your CFC deduction.



## Loaned Executives: Champions for Charitable Giving

Meeting the challenge of raising \$67.2 million for worthwhile charities over six months and nearly \$7 billion over 50 years takes passion and talent. It also takes a corps of public-spirited Loaned Executives (LEs).

At the start of each CFCNCA, every DC area Federal agency taps one of its star performers to serve as a front-line leader during the campaign season, usually about six months. Some 40 LEs work full time with the CFCNCA staff on the annual giving drive, training 35,000 key workers in various offices and acting as a resource for the campaign volunteers.

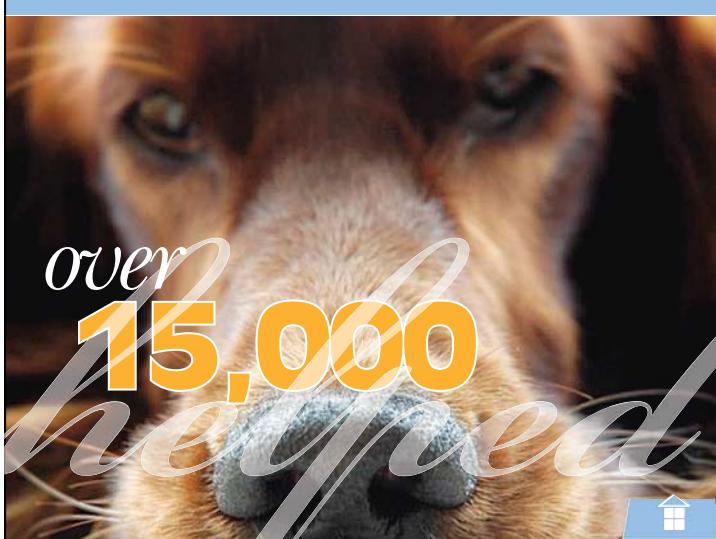
LEs train Keyworkers to make the transactions with Federal workers personal, to connect employees with the charity that moves them, and to recognize and reward both donors and volunteers. LEs have a "special responsibility," explains John Lazar, executive director, CFNCNA. After receiving hands-on training in leadership, project management,



CONTINUED ON NEXT PAGE

DoD and civilian LEs with Campaign Leaders

**Friends of Homeless Animals (FOHA)** is a non-profit, no-kill shelter providing a safe haven for homeless dogs and cats until permanent, loving homes can be found. FOHA relies 100% on charitable contributions to help care for our residents while they await their forever homes.



Contact FOHA about our Humane Education Program.  
Visit our upscale resale shop, The Treasure Hound at  
14508-D Lee Rd., Chantilly.



**Adopt. Foster. Volunteer.**  
**DONATE.**

CFC#83554  
United Way#9822  
PO Box 415  
Aldie, VA 20105



**Give them a home away from home.**

Your \$50 helps provide 15 troops with a warm meal and a place to relax in our centers on the front lines.

CFC#11381



## Loaned Executives: Champions for Charitable Giving

organizational and communication skills, they share their new and accumulated expertise with an agency outside their home agency. The assignment enables participants to experience professional development and personal growth and to expand their networks.

Darryl Davis is serving as an LE for the first time this year. He considers the position an opportunity to apply all the supervisory and leadership skills he's honed in his 25-year career with the Department of Education, where he is a project manager. He also enjoys meeting his counterparts at other agencies and learning about the different cultures within the Federal government.

Above all, though, he said, "I grew up with a sense of giving. I learned it from my parents and grandparents. Collectively, we can reach out and touch a lot of people. With 350,000 people on board, we can have a lot of impact."

Mike Kelly of the Department of Defense (DoD) shares Davis' enthusiasm for the LE program. He served as an LE in 2010 and found the

experience so satisfying that he put off his retirement date so that he could sign up as an LE again this year. When he realized that two CFC-supported charities he had seen first hand could run out of funds without his support, Kelly said, "It was an amazing experience. So many people relied on them. I can share their stories with others and make a real difference."

Now he has a personal stake in the organizations he's visited—and is thinking about working in non-profits after retiring from the DoD next year.

BECAUSE

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## Rocket's Taking Off

A form of Ashtanga yoga lets you skip ahead of tricky poses catches on in the area

How do you turn Ashtanga yoga, one of the most physically demanding forms of the practice, into something everyone can do? "It's not rocket science," says instructor Peg Mulqueen. It's just Rocket, a style of yoga that borrows from Ashtanga's strict progression of postures but doesn't stick to the usual script. In Ashtanga, you perform a specific series until you hit a pose you can't manage to twist yourself into or hold yourself up in. Then you're stuck. You can't continue until you've mastered the move. "Rocket takes these roadblocks out," explains fellow

**"I swear to God you'll never hear an Ashtanga teacher tell you to take child's pose."**

—PEG MULQUEEN, ROCKET INSTRUCTOR

instructor Mimi Reiger. Problem positions are subtracted entirely, or substituted with variations, so you can move on. As Mulqueen's daughter says, "It's Ashtanga without the stupid poses."

**HISTORY LESSON:** Rocket was created in the 1980s by Larry Shultz, a California-based instructor known as the "bad man of Ashtanga" for his habit of skipping ahead in the series. Some of his earliest students were members of the band the Grateful Dead, and it was musician Bob Weir who came



Rocket provides opportunities to try various arm balances (like the eight-angle pose, above), but don't worry if you can't stay up.



Peg Mulqueen adjusts student Faith Hunter, who's also a D.C. yoga teacher.

up with a name for the practice — "because it gets you there faster," Mulqueen explains. It caught on

in San Francisco at Shultz's It's Yoga studio and at affiliated studios around the globe. But Rocket didn't take off in D.C. until about a year ago, when the first area teacher training prepared a group of local instructors. That crew included Mulqueen and Reiger, who are leading the push to make Rocket a regular offering at studios across the city.

**PREPARING TO LAUNCH:** It was a task that could have been as daunting as Supta Vajrasana (an Ashtanga pose that involves sitting in lotus position, crossing your arms behind your back and grabbing your feet with your hands while lowering your upper body to the ground). "Rocket yoga has been Ashtanga's red-headed stepchild," Mulqueen says. But when she start-

ed a class at Tenleytown's Ashtanga Yoga Center on Sunday afternoons — not exactly prime time — it was quickly packed. Now, other studios have made space in their schedules. And as of a few weeks ago, it became possible to take a Rocket class somewhere in the city every day of the week.

**WHAT TO EXPECT:** "People think of Rocket as handstands. And it is," Mulqueen says. That's because handstands (and headstands and forearm stands) are those fun things you get to rocket ahead to do. But if balancing on your palms sounds terrifying, a Rocket teacher will send you to the side of the room to do them against the wall, offer a helping hand and suggest tricks to prevent the fear of falling over. Still freaked out? Feel

## Get Fired Up

Do Rocket every day of the week with classes offered at studios all across town. Here's a sampling of options.

- Vida (Vidafitness.com) offers Rocket I on Sundays at 12:30 p.m. and Mondays at 8 p.m. at its 1612 U St. NW location. Vida Metropole (1517 15th St. NW) has Rocket I on Wednesdays at 8:30 p.m. Day pass for either gym is \$25.
- The Studio DC (Thestudiodc.com) offers Rocket I on Thursdays at 8 p.m. at the 1710 Connecticut Ave. NW location. Rocket II is on Tuesdays at 8 p.m. at the 2469 18th St. NW studio. Single class is \$17.
- Rocket III is Friday at 6:30 p.m. at the Ashtanga Yoga Center (4000 Albemarle St. NW; [Ashtangayogadc.com](http://Ashtangayogadc.com)). Single class is \$17.

free to sink back on your heels. "I swear to God you'll never hear an Ashtanga teacher tell you to take child's pose," Mulqueen says. But it's this more accessible approach that allows practitioners to push themselves in ways they wouldn't otherwise.

**SHIPSHAPE:** And no one would ever dare call Rocket easy. Level one is based on the Ashtanga primary series, level two is based on the second series, and level three is a combination of the two. So in every class, you'll get plenty of classic Ashtanga poses, including five repetitions of sun salutation A, five repetitions of sun salutation B and then a flow of moves that help you open the body, strengthen your muscles and improve your balance. "It builds so much heat," says Reiger, who was soaked with sweat along with the rest of the crowd at one of Mulqueen's recent level-three classes. Expect to be relieved when it's time to land in savasana.

VICKY HALLETT (EXPRESS)

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## Working on Your Ph.D. in Patience

**Q**

My boyfriend is taking forever to finish grad school. Part of me thinks he's not working nearly as hard as he should.

But he says I just don't understand the process. When we first got together two years ago, he was supposed to be finishing that spring. I make decent money but am beginning to resent being expected to cover almost all of our living expenses when he doesn't seem bothered by the fact that things aren't going according to his plan — if he ever even had a plan. ANNOYED

Ah — the dissertation that seems to take longer than the Peloponnesian War. You might say I'm familiar with the concept.

Honestly, your frustration is understandable, but so is his ever-shifting timeline. The problem seems to be that, as a couple, you never established much of a contingency plan or set more clear-cut financial expectations. Sit down and talk numbers, dates and compromises. It could be he's hearing, "Finish now!" and going into a tail-spin, whereas he really needs to hear more specific and manageable complaints, such as, "We need to budget better, and the PlayStation needs a vacation."



Send your questions to Dr. Andrea Bonior at [baggage@readexpress.com](mailto:baggage@readexpress.com). Andrea is a local clinical psychologist and author of the new book "The Friendship Fix" ([Friendshipfix.com](http://Friendshipfix.com)).

**By Dr.  
Andrea  
Bonior**

## An Affair to Forget About

**Q**

I'm an unhappily married woman in my 30s (no kids) who's fantasizing about having an affair. No one in particular. My husband seems like he couldn't be less attracted to me. He works too much, and when he's not working he's going out with his friends and getting smashed. I know you're going to suggest counseling, but is there ever a time to shake things up and see whether the marriage is actually worth saving? **ABSOLUTELY NO NAME**

Sure, there's a time to shake things up. But I'm guessing that my definition of shaking things up — asking the hard questions, trying to break through the inertia — doesn't match yours (which seems to involve grabbing some random dude from Payroll).

There are many problems with your idea, not the least of which is that if you were to decide that your marriage is worth saving, you

would have just done something that makes it infinitely harder to do so. Simply put: no. Please, no.

Of course, you feel wronged and neglected. But acting on these thoughts would do irrevocable damage and bring no benefits. You're a grown-up and can decide whether the marriage is worth saving without hurtful stunts — through self-reflection, honest discussion and, yes, counseling.

### Event Horizon

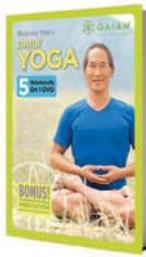
### Play Date

Maybe Sasha and Malia will manage to sneak into their backyard for Nickelodeon's free Worldwide Day of Play ([Worldwidedayofplay.com](http://Worldwidedayofplay.com)) this Saturday from 10 a.m. to 4 p.m. on the Ellipse. More than 50 organizations will have booths set up to encourage participation in outdoor activities — including baseball, soccer and tennis. Attendees can also enjoy musical performances and celebrity appearances by a host of kiddie favorites.

# A Way for Every Day

Rodney Yee's newest DVD, 'Daily Yoga,' offers a week's worth of different practices

Rodney Yee is celebrating National Yoga Month with the release of a DVD designed to make your yoga week. "Daily Yoga" (\$15, Gaiam) features five short practices (each between 15 and 25 minutes) designed to introduce viewers to a range of styles and their respective benefits. The celebrity instructor shares the screen with his wife, Colleen Saidman, another renowned yoga teacher, who owns a studio in Sag Harbor, N.Y. When he chatted with Express last week, he had just left one of her morning classes. It was so wonderful, he declared, "I almost don't need a cup of coffee. Almost." Hopefully, you'll feel the same way after his DVD.



the screen with his wife, Colleen Saidman, another renowned yoga teacher, who owns a studio in Sag Harbor, N.Y. When he chatted with Express last week, he had just left one of her morning classes. It was so wonderful, he declared, "I almost don't need a cup of coffee. Almost." Hopefully, you'll feel the same way after his DVD.

What inspired you to film a DVD with so many styles?

This is special. It's not only a practice for every day of the week, but it also illuminates five schools of yoga. People wonder, "Why is Rod-



COURTESY GAIAM

Get more Rodney Yee at the just-relaunched [Gaiamyogastudio.com](http://Gaiamyogastudio.com).

**"In spiritual practice, everyone needs to reinvent the wheel. You have to find your own way. But I think it's important to study one school for a while."**

ney doing this? He's Iyengar." But for the last 12 years, I've done more than that. People are confused by what's out there. So we begin with an Iyengar practice. That's a good place to start with alignment and precision. Then Colleen leads a flow, moving from one pose to the next. The third practice has to do with the core. That's a Western idea. But in some ways, it's Kundalini yoga, and you're beginning to focus on the central channel. The next practice is Ashtanga, which is introduced in a gentle way for beginners. The fifth day is a restorative practice for people who need to pay attention to the inner workings of the body.

**What is it like for you to sample different kinds of yoga?**

It's a little like a classical musician

playing with jazz and bluegrass and rock 'n' roll. I have this foundation. I use that knowledge to listen. In some ways, knowledge of good alignment makes you empty and open, so other schools can drop their nectar into your practice.

**What has trying other kinds of yoga taught you?**

I think the aspect of listening — letting new things in and coming from a different perspective. One of the most important things is my wife has introduced me to chanting. I resisted practicing with music because I was looking for internal rhythm. But now I'll let a DJ rock my house. I've become a lot more open to just the sense of being the student and suspending my knowledge.

How well do you think people understand that yoga isn't just one thing?

Traditionally, there are six main schools of yoga. Each one branched off, and now there's this huge pyramid. There are almost 7 billion people on the planet. There are many doors into the same room. In spiritual practice, everyone needs to reinvent the wheel. You have to find your own way. But I think it's important to study one school for a while. It's too confusing to be confused around at first.

**Through the Urban Zen Foundation ([UrbanZen.org](http://UrbanZen.org)), you've been advocating for the role of yoga in health care. Where do you see yoga fitting into our society?**

Yoga is a broad subject that affects every part of life. We're going from the fitness paradigm to the wellness paradigm — as well as to a more spiritual practice. People have been going to yoga classes for fitness. Now that they've seen it didn't just fix their lower back but it also made them more available, they want it more. We need to take yoga into schools and homes. We need to take it into the hospital to create optimal environments for healing and spread it to all walks of life. **VICKY HALLETT (EXPRESS)**

# Take a Long Walk From Home

Cultural Tourism DC wants you to hike and bike around the city

You'd better pace yourself. WalkingTown DC/BikingTown DC, a smorgasbord of free tours all over the District orchestrated by Cultural Tourism DC (Culturaltourismdc.org), has expanded from a weekend to nine days. Between 9 a.m. Saturday and 5 p.m. Oct. 2, there will be nearly 200 chances to stretch your legs in all eight wards.

That means there are exponentially more opportunities to get a move on — including excursions at lunch and after work during the week. The program schedule helps



Participants in WalkingTown DC 2010 stroll around Lincoln's Cottage in Northwest.

fully includes the fitness level for each tour, because they range in distance from two floors of the National Museum of American Jewish Mil-

itary History (Mon., at noon) to four miles around the National Arboretum (Sat. at 10 a.m.). The dozen biking tours cover more ground — up

to 15 miles — but they're also scaled by difficulty. Even folks who haven't hopped onto a saddle in years can handle the new two-mile Edgewood Murals tour (11 a.m. Sat. and Sun., and Oct. 1 and 2). And they can make sure their bikes are up to the task at several bike clinics that have partnered with the program. (See site for details.)

Don't think walking counts as exercise? Try doing several tours in a day and rushing between them on foot or bike, and you'll easily rack up a 10K. But the mileage won't feel exhausting, says coordinator Helen Gineris, because you'll also be engaging your brain. "If you're at the treadmill watching TV or read-

ing, you want to use your mind while you're working out. So why not learn about the culture of the city around you?" Gineris says. "D.C. becomes your gym for the duration of the tour."

That's the exact premise of another new tour this year, "Fitness Walk of D.C.'s Circles and Squares" (Sun. at 8:30 a.m. and Sept. 30 at 6 p.m.; it's also the first dog-friendly tour offered through the program). Led by personal trainer George Kassouf, the tour is based on a route he first developed for a client purely as a path to fitness. "But then I thought this would be more interesting if I knew what I was looking at," says Kassouf, who hit the history books.

Quirky facts will make your muscles forget they're tired, he promises. At least, until the end of the four-mile tour. **v.h.**



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## fit nutrition

### Recipe File

#### MEDALLIONS OF PORK TENDERLOIN, CAULIFLOWER AND CHUNKY APPLESAUCE

**Start to Finish:** 20 minutes

#### Ingredients

- 1 pound pork tenderloin, cut crosswise into 1/2-inch medallions
- Salt and ground black pepper
- 1 tablespoon extra-virgin olive oil
- 1 small head cauliflower, cut into 2-inch florets
- 2 Gala apples, cored and cut into 1-inch chunks
- 2 bags hibiscus tea
- 1 tablespoon water
- 1 tablespoon coconut nectar or light agave nectar
- Juice of 1/2 lemon
- 8 sprigs fresh thyme, leaves picked



high for five minutes, or until the apples are tender and falling apart when mashed with a fork. Mix in the lemon juice, then cover and set aside.

Add the cauliflower to the boiling water and cook for two minutes. Drain the cauliflower water and place on a cutting board. Cut the florets in half from the stem to the top of the floret. Arrange the florets, cut sides down, in a single layer in the reserved saute pan. Set over medium-high heat and cook until the florets just begin to brown, about one minute.

Turn each floret, then nestle the pork back into the pan. Add the thyme, then place the pan in the oven to finish cooking the pork, about four minutes.

Meanwhile, remove the plastic and tea bags from the apples and mash with a fork. Spoon one dollop on each of four serving plates. Place one pork medallion on each plate, then add cauliflower. Add 2 tablespoons of water to the pan and scrape up any browned bits. Spoon the pan sauce over the top of each medallion. (AP)

 241 calories; 6 g fat (1g saturated); 73 mg cholesterol; 21g carbohydrate; 27 g protein; 5g fiber; 390 mg sodium.

#### Makes Four Servings

In a large pot, bring 6 quarts of water to a boil. Once it's boiling, add 2 tablespoons salt. Heat the oven to 350 F.

Pour the olive oil into a large saute pan and place over high heat. Season the pork medallions on both sides with salt and pepper. Once the oil is smoking, add the medallions to the pan in an even layer. Cook the medallions about two minutes, or until the bottoms are browned. Flip and brown the other side.

Transfer the pork to a plate, cover with foil and set aside. Reserve the saute pan, uncleaned.

In a microwave-safe bowl, combine the apples, tea bags, 1 tablespoon of water and the coconut nectar. Cover with plastic wrap, then microwave on



#### Famished Fury Explained

It's high time science studied why humans get so hangry — you know, that combination of hunger and anger that makes you no fun to be around. University of Cambridge researchers have traced the problem to serotonin levels, which fluctuate when folks haven't eaten. That, in turn, makes it difficult for the brain to control emotional responses. (EXPRESS)



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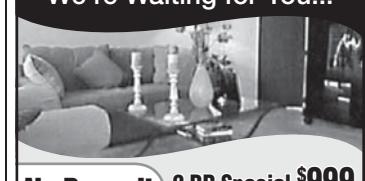
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# lookout

## Sound Bets



### Renewed Faith

**Alec MacKaye** is younger brother to D.C. scene fixture Ian MacKaye. Alec, right, is a talented guy who has sometimes worked in the shadow of his sibling's influential groups Minor Threat and Fugazi. But it was the younger MacKaye's band Faith that many fans connected with most in the early days of D.C. punk.



By Christopher Porter

And what a band it was—full of people who would go on to keep D.C. music evolving. In addition to MacKaye (Untouchables, Ignition, the Warmers), Faith's ranks included bassist Chris Bald (Embrace, Ignition), drummer Ivor Hanson (Embrace, Manifesto) and guitarists Michael Hampton (State of Alert, Embrace, One Last Wish, Manifesto) and, later, Eddie Janney (Rites of Spring, Happy Go Licky).

Like most Discord bands, Faith's run was short: Between 1981 and 1983, the group released a 1982 split LP with Void and 1983's "Subject to Change" EP, which has been fleshed out with the band's December 1981 demo in a newly remastered reissue.

Faith took the snarl of British punk, sped it up and made distinctly American hardcore. The band was scrappier than Minor Threat, but perhaps it was Faith's rawness that made audiences believe in it so deeply.

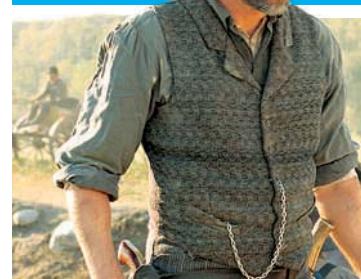


Read Christopher's previous columns at: [expressnightout.com/soundbets](http://expressnightout.com/soundbets)

## A Crash Course

This year's fall season isn't going to soar to great heights, but TV critic Hank Stuever has landed on a handy way to sort the new shows, with one simple question: Better or worse than ABC's new Sunday night offering, the dead-average "Pan Am"? (THE WASHINGTON POST)

### Better than 'Pan Am'



### A- Hell on Wheels

PREMIERES SUNDAY, NOV. 6, 10 P.M. ON AMC | **Hands down the most intriguing show** on the fall slate, this violent and gritty Western (starring Anson Mount, above, as a former Confederate soldier) is set in 1865 during the building of the transcontinental railroad. Though imbued with epic sweep, "Hell on Wheels" is a Western at heart, even if that heart is cold.

### B+ American Horror Story

PREMIERES WEDNESDAY, OCT. 5, 10 P.M. ON FX | **The latest series from creator Ryan Murphy** is a deeply disturbing adrenaline attack in which a haunted house provides a metaphorical backdrop to a troubled marriage (between Dylan McDermott and Connie Britton). Prepare for the series to be one scream after another.



**Correction:** In Sept. 15's Fall Arts Preview, "A Renaissance Christmas" (Dec. 10) should not have been listed; the Folger Consort's "O Magnum Mysterium" should have appeared instead. The Folger Consort (201 East Capitol St. SE; 202-544-7077, [Folger.edu/theatre](http://Folger.edu/theatre)) will perform Christmas music from Renaissance Spain Dec. 9-18 at the Folger Shakespeare Library. (EXPRESS)



**The Saga Unfolds ...**  
Tareq Salahi says he was 'blindsided' by Michaele's affair **39**

### Worse than 'Pan Am'



### Prime Suspect

PREMIERES THURSDAY, 10 P.M. ON NBC | **Just what nobody wanted:** an unnecessary redo of the great British miniseries that starred Helen Mirren as a homicide detective who has to fight against chauvinism from male colleagues. Now it's set in New York, and Maria Bello, above, was persuaded to star, bravely attempting to make it through a so-so script.

### I Hate My Teenage Daughter

PREMIERES WEDNESDAY, NOV. 30, 9:30 P.M. ON FOX | **This is about two suburban mothers**, Annie and Nikki (Jaime Pressly and Katie Finneran), who try to laugh off the animosity directed at them by their self-absorbed daughters, who are rapidly becoming the very sort of snobs who used to pick on Annie and Nikki when they were in high school. Mostly, it comes off as a tone-deaf comment on modern motherhood.

### 'Pan Am' Quality

#### C Pan Am

PREMIERES SUNDAY, 10 P.M. ON ABC | **Filmed in a meticulously set-decorated**, honey-glazed nostalgia for 1963's girdles, globe-trotting and ample leg room in coach, the show is about four stewardesses (notably Christina Ricci, right) who work Pan American Airline's New York-to-London flight. Save for some obvious "Mad Men" envy, there's nothing wrong with "Pan Am"; it's a handsome study in perfect mediocrity. It's also pretty to look at, with a CGI assist in re-creating Pan Am's Jet Age glory.

#### C Person of Interest

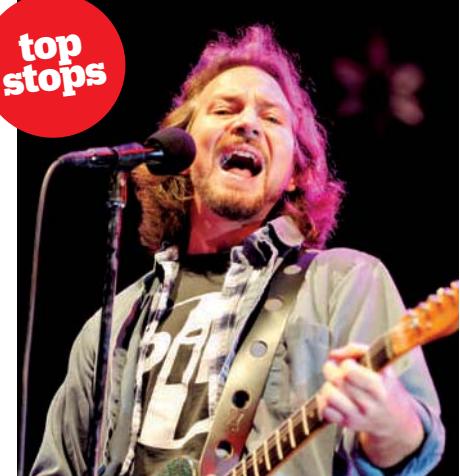
PREMIERES THURSDAY, 9 P.M. ON CBS | **From producer J.J. Abrams' busy mind**, this procedural is about a pair of vigilantes who fight crime by hacking into a government computer that can predict incidents before they happen. Michael Emerson, left, is the mysterious Mr. Finch, who designed the post-9/11 computer network and now uses it to prevent violence. He recruits Jim Caviezel, a former CIA agent, to track people the computer has identified as threats.



#### D-

PREMIERES WEDNESDAY, NOV. 30, 9:30 P.M. ON FOX | **This is about two suburban mothers**, Annie and Nikki (Jaime Pressly and Katie Finneran), who try to laugh off the animosity directed at them by their self-absorbed daughters, who are rapidly becoming the very sort of snobs who used to pick on Annie and Nikki when they were in high school. Mostly, it comes off as a tone-deaf comment on modern motherhood.

# lookout entertainment



top stops

## 1 Happy 20th!

Cameron Crowe directed "Almost Famous," so we know he understands making movies about bands. His new documentary, "Pearl Jam Twenty" (as in, Pearl Jam has been around 20 years!), harks back to when Eddie Vedder, shown, was stage-diving from speaker stacks, not releasing solo ukulele albums. *AfI Silver, 8633 Colesville Road, Silver Spring; 7:15 p.m. and 9:45 p.m., \$7-\$11; 301-495-6720, Afi.com/silver.* (Silver Spring)

## 2 Sustain The Disdain

Apparently, D.C.'s 5-cent plastic bag tax isn't enough to remind people to bring their own sacks to the grocery store. We also need "Bag It," a documentary about the staggering amount of plastic bags we use, then throw out, every day. We should be ashamed! This is the last gasp of U Street's outdoor summer movie series; the rain date is Thursday. *1330 V St. NW; 7 p.m., free; Movies.ustreet-dc.org.* (U St.-Cardozo)

## 3 Admirable Admiral

Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, made headlines last year when he publicly opposed the military's "don't ask, don't tell" policy. (The repeal is slated to take effect today.) Mullen, shown, is speaking tonight, along with New York Times columnist David Brooks, about the interplay of military force and diplomacy. *Sixth and I Historic Synagogue, 600 I St. NW; 7:30 p.m., \$20; 202-408-3100, Sixthandi.org.* (Gallery Place)

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There is no cost for study-related tests, medications, or procedures.

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- Between the ages of 18-65
- Medically healthy
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- Free of current or past history of psychiatric illnesses
- Free of a history of head trauma with loss of consciousness

Volunteers will be compensated for their participation.

Call: 301-435-8982

(TTY: 1-866- 411-1010)

[www.clinicaltrials.gov](http://www.clinicaltrials.gov)

The National Institute of Mental Health

National Institutes of Health, Department of Health and Human Services



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# Apart From the Crowd

Ready or not, British singer Katy B is on a path to pop stardom

## Album Preview

Katy B says she normally looks like a mess in the morning — and then pushes her tangerine tresses into an asymmetrical pile to illustrate.

"But I've scrubbed up a lot," says the 22-year-old British singer over breakfast. "Before this, I would go onstage in my ex-boyfriend's old jumper. ... I wouldn't wear any makeup. I wanted people to like my music and not care how I looked."

To American retinas, pop stars are the people who wear frocks made of flank steak and brassieres that shoot Cool Whip. Katy B wears jeans, sneakers and two little black apostrophes dabbed to the corners of her eyes.

But she sounds like a pop star, without question. Her debut album, "On a Mission," out Tuesday, is a triumphant balancing act of bold



Katy B's "On a Mission" is already a hit in her native Britain; today it arrives in the U.S.



On  
A Mission  
Katy B

rhythms, bubblegum melodies, youthful honesty and old-soul poise — exactly the kind of album that continues to elude so many American superstars.

When Britney Spears sings about dance floors, it's difficult to imagine she's ever stepped on one. When Katy B sings about dance floors, you feel them under your feet. Then you feel the butterflies in your gut, the strobes flickering through your eyelids, the bass tickling your nose, the Red Bull splashing on your Reeboks, the ineffable adrenaline of youth. If Taylor

Swift grew up in London's underground club scene, she'd be lucky to have written songs that feel as true as these.

Back home in Britain, "On a Mission" was released earlier this year to wide critical acclaim.

In the U.S., Katy B's handlers are hoping that the album pits her against the likes of Britney, Katy

**"People expect you to be this weird cartoon when you're a musician. I hate that. I hate standing out."**

Perry, Ke\$ha and Lady Gaga. It's a constellation that the singer has a hard time imagining herself joining.

"People expect you to be this weird cartoon when you're a musician," Katy B says. "I hate that. I hate standing out. I hate people looking at me. I just want to be part of the crowd."

CHRIS RICHARDS (THE WASHINGTON POST)

## Radiohead To Appear On 'Colbert'

### Television

Stephen Colbert's meeting Radiohead is such a special occasion, a regular episode of "The Colbert Report" wasn't sufficient.

The Comedy Central show will air its first hour-long episode Sept. 26, when Colbert sits down with singer Thom Yorke and the rest of the British rock group. Radiohead

will perform four songs.

Colbert said in a statement: "I look forward to meeting the Radioheads and leveraging their anti-corporate indie cred to raise brand awareness for my sponsors."

On Sept. 28 and 29, the band will play its first U.S. shows since 2010 at New York's Roseland Ballroom.

But first, Radiohead will appear on the season premiere of "Saturday Night Live," on Saturday. (AP)



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**Current or former service members** between the ages of 21 and 50 who have the above problems may qualify for a four to five week inpatient research study looking at the effects of a new medication for individuals with Post-Traumatic Stress Disorder and alcohol problems. There is a chance of receiving placebo (an inactive sugar pill). There is no cost for taking part and people will be compensated for their participation. During the inpatient stay, participants will receive medical detoxification if necessary, and will also receive alcoholism treatment including group, individual, and family therapy. For further information about this study being conducted at the NIH Clinical Center in Bethesda, MD, call 301-496-1993. TTY: 866-411-1010 [www.clinicaltrials.gov](http://www.clinicaltrials.gov)  
Protocol # 09-AA-0136



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**Watch for the Winners in the Express Best Of 2011 special section coming Thursday, October 13!**

# TV tonight lookout

## Best Bets

FOX  
8:00

**Glee** Returning from a startling and dispiriting loss at Nationals, the kids of New Directions return to the mundane world of McKinley High feeling at a loss, so it falls to Will (Matthew Morrison, shown) to find a way to get them motivated. Meanwhile, Sue Sylvester starts her bid for a U.S. congressional seat.

NBC  
8:00

**The Biggest Loser** Jillian Michaels has moved on to other ventures, making room for comely tennis star Anna Kournikova to join the training team. Executive producer Todd Lubin told New York Magazine that the new season will also be "getting slightly away from just the tape measure and getting into overall well-being and health."

CBS  
8:00

**NCIS** An agent lies dead after Tony's months-long search for his target as directed secretly by the secretary of the Navy, forcing him to turn to Gibbs for help in putting the pieces together as the hit procedural drama begins its ninth season. (TRIBUNE MEDIA)



## NEW GIRL

### Adorable To a Fault

FOX  
9:00

Playing a part meant for someone about a decade younger, doe-eyed indie girl Zooey Deschanel, left, is the recently jilted Jess, who answers a Craigslist roommate ad and moves in with three dudes. Jess promptly infects their world with her zany, kooky-girl misadventures and mournful screenings of "Dirty Dancing." Worse still, she sings. "Did you just make up a theme song for yourself?" one of her new roommates asks. Yes, she did; plug your ears.

HANK STUEVER (THE WASHINGTON POST)

## Premieres



### Total Recall

On "Unforgettable" (10 p.m., CBS), Poppy Montgomery plays an ex-cop who has "superior autobiographical memory." She quit when she couldn't solve the one case her memory has blocked—her sister's murder (which she witnessed). H.S.

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# lookout online

## Poll Center

### Today's Question

DO YOU THINK D.C. COUNCIL MEMBERS SHOULD HAVE TERM LIMITS?

VOTE AT [EXPRESSNIGHTOUT.COM](http://EXPRESSNIGHTOUT.COM) OR TEXT A FOR YES OR B FOR NO TO 98999

### Monday's Results

DO YOU THINK THE REDSKINS WILL MAKE THE PLAYOFFS THIS SEASON?

68% NO 32% YES

**"It's too early** to start backing the bandwagon out of long-term storage. Ask this question again if the Redskins manage to beat Philly at home and start the season 5-0 in the conference and 3-0 in the division."

COMMENTER MILDLYMISANTHROPIC

**"Not a chance.** They have been lucky thus far."

COMMENTER COMMON KEVIN

**"No.** They will implode on themselves as they usually do."

AN ANONYMOUS COMMENTER

SEE HOW YOUR METRO STATION VOTED AT [WWW.EXPRESSNIGHTOUT.COM](http://WWW.EXPRESSNIGHTOUT.COM)

## Blog Log



**"Georgetown now faces a future where its most hated rival isn't guaranteed to appear on the schedule at all. ... The move is a serious blow to both the tradition and competitiveness of the Big East, and it may only be the beginning of a drastic conference realignment."**

— **BLOG.GEORGETOWNVOICE.COM** WOULD BE SAD TO SEE THE SYRACUSE-GEORGETOWN BASKETBALL RIVALRY DISAPPEAR WHEN THE ORANGE MOVES TO THE ACC FROM THE BIG EAST, AS HAS REPORTEDLY BEEN IN THE WORKS.

**"Looks like that 'Day of Rage' against so-called Wall Street fat cats is turning into more of a long-weekend-of-rage. ... [It] has now become more of a sit-in, with activists mucking up the morning commute for the aforementioned finance folks. Well, mucking it up to a certain extent."**

— **MOGULITE.COM** REACTS TO THE TAME TURNOUT FOR THE ANONYMOUS-LED OCCUPATION IN NEW YORK CITY SATURDAY AIMING TO EXPOSE ALLEGED "ABUSE AND CORRUPTION OF CORPORATIONS, BANKS AND GOVERNMENTS."

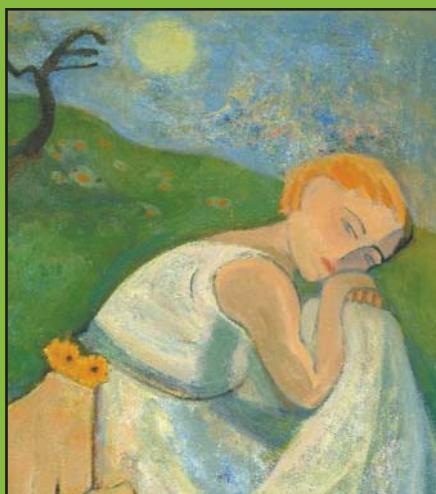
**"For the record, I don't see how ordering DVDs via snail mail qualifies as a 'quick' process #qwikster."**

— **@BSIDEBUG** THINKS THAT NETFLIX'S NEW SPIN-OFF SERVICE IS INAPPROPRIATELY NAMED.



**"If Ray J reads this, he just might send some of the goons he mentioned in that interview after me! That's all I need is to get jumped by some Ray J henchmen. They'd probably do some sort of thug choreography during the beatdown."**

— **LISTENTOLEON.NET** IS TREADING LIGHTLY AFTER THE POP ARTIST WAS HEARD TALKING DURING A NEW YORK RADIO INTERVIEW ABOUT HIS FIGHT WITH RAPPER FABOLOUS IN LAS VEGAS RECENTLY.



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# puzzles lookout

## Horoscope

**VIRGO** (Aug. 23-Sept. 22) You may feel as though you're getting a little too close to some very real danger, but you are insulated and protected to a degree.

**LIBRA** (Sept. 23-Oct. 22) You may have to teach someone an important lesson the hard way. Don't balk at the opportunity—it's one that must be learned.

**SCORPIO** (Oct. 23-Nov. 21) First impressions may not be accurate. Someone you think you will not get along with is likely to prove a valuable ally and partner.

**SAGITTARIUS** (Nov. 22-Dec. 21) You'll have the chance to demonstrate how much you know of a certain subject—even though someone else is nominally in charge.

**CAPRICORN** (Dec. 22-Jan. 19) You're in the mood for something a little more straightforward, especially when it comes to receiving information.

**AQUARIUS** (Jan. 20-Feb. 18) It may have taken awhile, but you can enjoy the fact that you finally understand what a superior is really asking of you.

**PISCES** (Feb. 19-March 20) It's important to let others in on a certain secret. That is, if your ultimate plan is going to come to fruition and pay off as anticipated.

**ARIES** (March 21-April 19) It seems as if you are on a different wavelength than others expected you to be today.

**TAURUS** (April 20-May 20) Give yourself a treat today, but remember that moderation and sense combine to keep you safe, healthy.

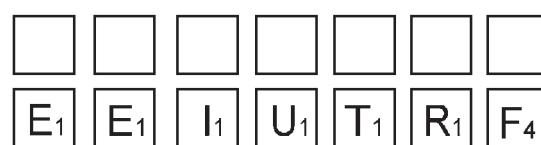
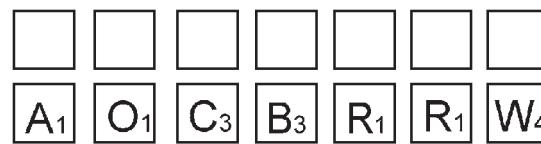
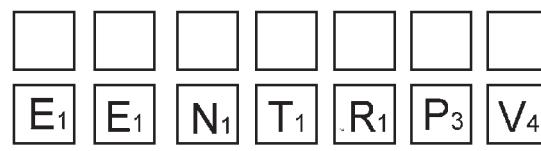
**GEMINI** (May 21-June 20) You may have to give way to one who enjoys greater freedom in a certain sphere—but late in the day you are likely to rise to greater heights.

**CANCER** (June 21-July 22) You must keep to the schedule you have made for yourself. Don't make the mistake of thinking you can randomly shuffle events.

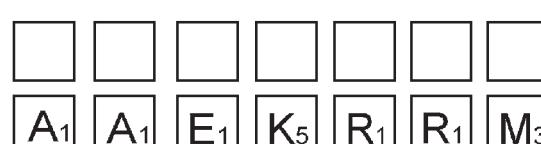
**LEO** (July 23-Aug. 22) What happens at the workplace is best kept at the workplace. You don't want to bring that kind of thing home with you.

## Scrabble Grams

PAR SCORE 150-160, BEST SCORE 220



Double Word Score  
3rd Letter Triple



## Yesterday's Solution

A1	T1	A1	V4	I1	S1	T1	RACK 1 =	70
F4	E1	N1	N1	E1	L1		RACK 2 =	9
E1	M3	I1	N1	E1	N1	T1	RACK 3 =	61
T1	E1	N1	A1	B3	L1	E1	RACK 4 =	59
							TOTAL	199
PAR SCORE 140-150								

## FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

## Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

### POOCH CAFE | PAUL GILLIGAN

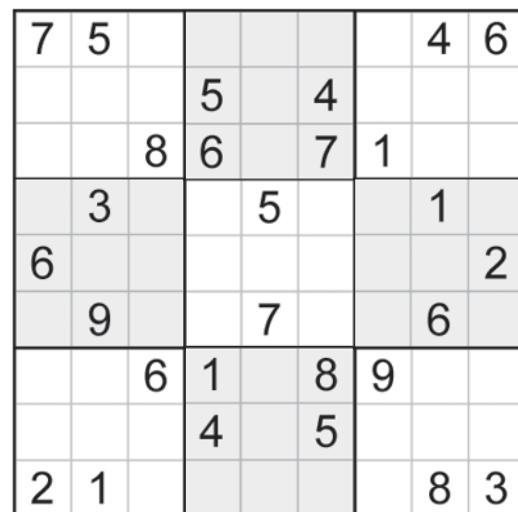


### PEARLS BEFORE SWINE | STEPHAN PASTIS



## Sudoku

MEDIUM



## Yesterday's Solution

5	9	4	8	3	1	2	6	7
1	7	2	9	5	6	4	8	3
3	8	6	7	2	4	1	5	9
6	1	7	4	9	5	8	3	2
9	2	8	1	7	3	6	4	5
4	5	3	6	8	2	7	9	1
7	4	5	2	6	9	3	1	8
8	3	1	5	4	7	9	2	6
2	6	9	3	1	8	5	7	4

Need more Sudoku?  
Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

© PUZZLES BY PAPPOCOM

## Forecast



**Today:** A thunderstorm in the area today. Partly cloudy tonight with a shower.



**Tomorrow:** A shower or storm tomorrow, mainly later. A shower tomorrow night.

## Looking Ahead



### Sun and Moon

Sunrise today: 6:54 a.m.

Normal high: 78

Sunset today: 7:09 p.m.

Record high: 96

Moonrise today: none

Normal low: 61

Moonset today: 2:26 p.m.

Record low: 44

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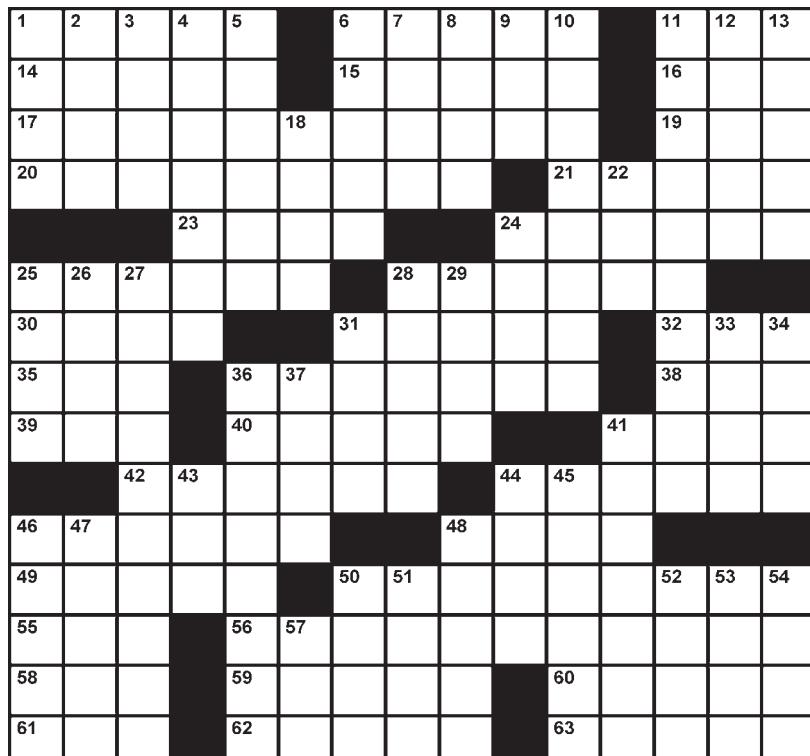
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# lookout puzzles

## Crossword

## A VERY HARD PUZZLE

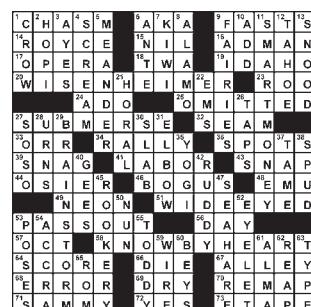


EDITED BY TIMOTHY E. PARKER

ACROSS  
1 Bamboo eater  
6 Discontinue  
11 "Ben-Hur" author Wallace  
14 Spirit of "The Tempest"  
15 Usher in  
16 Author Wolfert or Levin  
17 Golf course named after a Flintstone?  
19 "Don't give up!"  
20 Thug at work  
21 Singing John from Middlesex  
23 Auction off  
24 Window grate  
25 Big sister?  
28 Cop's order  
30 Ho Chi Minh Trail locale  
31 Game or battle site  
32 Apply knuckles to wood  
35 It might give you chills  
36 Two-footed  
38 Southern college nickname: \_\_\_ Miss  
39 End of a school pledge  
40 Consumers  
41 Garbage hauler  
42 The '70s, e.g.  
44 Strokes of unanticipated luck  
46 Like a ninja  
48 Basketball crowd-pleaser  
49 Garcon's list  
50 Island group giant tortoises  
55 Arithmetic directive  
56 The first U.S. National Park  
58 Fjord relative  
59 Exhilarate  
60 Demonstrating good posture  
61 Exist, to Popeye?  
62 Some vending machine selections  
63 Accepts a challenge  
  
DOWN  
1 Nickname for Haydn  
2 Aphrodite's love  
3 Calligrapher's fine points?  
4 Lowers in dignity  
5 Axis opponents in WWII  
6 Bunch of schemers  
7 "East of \_\_\_"  
8 "I \_\_\_ my wit's end"  
9 [not my mistake]  
10 Otherworldly  
11 Arkansas capital  
12 He played Robin  
13 Batman, really  
18 Old measures equal to 45 inches  
22 Actress Taylor, to tabloids  
24 Actress Rowlands  
25 First radio code word?  
26 Debutante's party  
27 Project for giant beavers?  
28 "\_\_\_ Jacques"  
29 Professional team in Ohio  
31 Copied  
33 Plant with medicinal qualities  
34 They're positioned in the church  
36 Ohio State players  
37 "Gosh!" to an Englishman  
41 Large Indonesian island  
43 \_\_\_, drink and be merry  
44 Imperfection  
45 Was not renewed  
46 Spine-tingling  
47 Olympic gymnast Comaneci  
48 Fruits of the blackthorn  
50 Word before "hand" or "rags"

51 Utah ski haven  
52 Attendee  
53 Twice from thrice  
54 Places for making soaps?  
57 "Telephone Line" group

## Yesterday's Solution



## Today in History

**1873** Panic sweeps the floor of the New York Stock Exchange in the wake of railroad bond defaults and bank failures.

**1958** Martin Luther King Jr. is stabbed in New York City.

**1973** In their "Battle of the Sexes," tennis star Billie Jean King defeats Bobby Riggs, 6-4, 6-3, 6-3, at the Houston Astrodome.

**express**

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# people lookout



## JUSTICE

### 'The Party-Bus Harasser' Was a Lame Criminal Nickname Anyway

Cleveland prosecutors will not charge Matthew Fox on a complaint that he punched a private bus driver. The decision was made "after a thorough review of the facts," a city spokeswoman said Friday. Heather Bormann had said Fox hit her on Aug. 28 after she blocked him from boarding a chartered party bus. (AP)



## THE BITCHY INTERVIEW

### Which Stage Of Grief Is This?

In an interview that was slated to run Monday night on E!, Tareq Salahi said his possibly-soon-to-be-ex-wife, Michaele, "used to always tell me that she would never want to date a rock star like Neal Schon, because of that lifestyle ... there's always cheating." Tareq Salahi said he was shocked to discover that his wife had been leading a "double life" with Schon for two years, and that "Neal really should be ashamed of himself for doing this." Michaele Salahi, he added, is "a lying, cheating woman. She's a liar and a cheater." (EXPRESS)



## Victims

### 'I Don't Care How Many Kids You Have, Ma'am'

Kate Gosselin says she was hurrying home to her kids when she was stopped for speeding Aug. 9 in Brecknock Township, Pa. The reality star pleaded guilty by mail to driving 88 mph in a 65 mph zone. She paid \$174 in fines and court costs. (AP)



## BELOVED PETS

### 'She Answers to Martha. If Found, Call My Agent.'

Santa Monica, Calif., police are investigating the theft of John Travolta's 1970 Mercedes-Benz 280SL. The actor reported the car missing Sunday, Radaronline.com reported. It was stolen while parked outside a Jaguar dealership that Travolta was visiting.

The Mercedes is valued between \$50,000 and \$100,000. (EXPRESS)



### Shut Up, TMZ. Just Shut Up.

TMZ.com reports that Tareq Salahi is devastated over another loss: His Doberman pinscher, Rio, died Sunday. The dog suffered a heart attack several weeks ago. TMZ asserts that the pet was "so depressed he couldn't get out of bed after Michaele abandoned him." (EXPRESS)

marriage made directly to Michaela. Tareq will not, by reason of the marital relationship, by reason of voluntary or involuntary contribution of any other reason, claim an interest in the property of the other party.  
PREMARITAL AGREEMENT  
This Premarital Agreement made and agreed 2008 by and between TAREQ SALAHI of [REDACTED] referred to as Tareq, and MICHAELE A. SALAHI of [REDACTED] referred to as Michaele.  
3. Tareq and Michaele shall be marry to each other. Each of the parties own property required to be included in the Marital Agreement. Each party intends to provide to the other party the benefit of the Marital Agreement. The parties agree that the Marital Agreement becomes effective upon their reengagement marriage. The parties agree that they have fully and completely disclosed all assets and debts to each other and estimate the fair market value of all assets and debts and of great length, to each other the nature and extent of the parties' assets and debts, and the parties shall not thereafter disclose of all such assets and debts or increase or decrease in value of any asset or debt, except as provided in Exhibits A and B which are attached to this Agreement.  
4. Tareq and Michaele shall not claim any money or property she and her husband accumulated together during their marriage. By moving out of the family home, she also forfeited her right to spousal support. (EXPRESS)

### Tareq's Lawyers Deserve A Big Holiday Bonus This Year

TMZ.com got its hands on a copy of the Salahi premarital agreement. According to the document, Michaele Salahi cannot claim any money or property she and her husband accumulated together during their marriage. By moving out of the family home, she also forfeited her right to spousal support. (EXPRESS)



**"I don't know what to really call it, but, yeah, I've called it a breakdown, a meltdown."**

— DEMI LOVATO EXPLAINS THE EVENTS LEADING TO HER STINT IN REHAB, ON "THE ELLEN DEGENERES SHOW."

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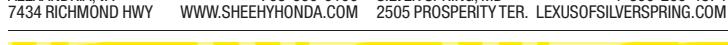
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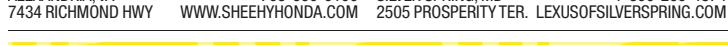
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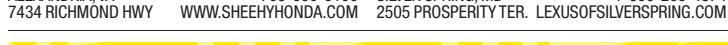
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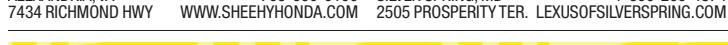
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